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October 2024

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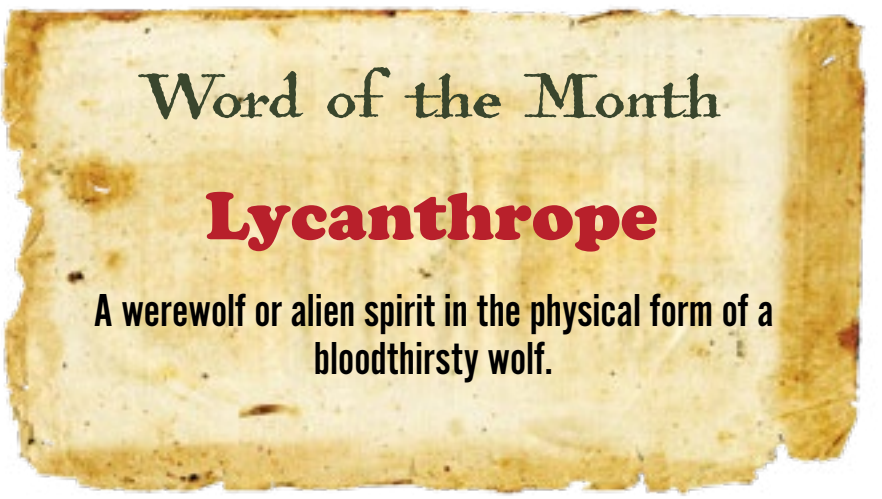
Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



Contents

issue #140

06 Leonides: Worth a Look
BY FRANK VANDERVORT

08 Autumn Foraging
BY KAREN QUINN

10 CW Book Picks of the Month

11 Community Spotlight!
BY LYNDA GRONLUND

12 Out of My Comfort Zone
BY BRIAN O'DONNELL

14 Local Farm and Orchard Visits

15 Hearth Math™ with Rachel Egherman
LAURA K. COWAN

17 What is Aura Photography?
BY ANNETTE SCHILZ

20 The Crazy Wisdom Community Calendar
LOCAL EVENTS, WORKSHOPS, RETREATS, AND MORE!

22 5 QUESTIONS FOR OLIVIA CIRISAN

26 Body Wisdom from Our Ancestors
BY KATE ROOS

34 In Pursuit of the More Perfect Apple
BY CARIN MICHAELS

40 A Last Thought

Get excited! Our fall issue is here!

The Crazy Wisdom Community Journal

Features

issue 87

•Eve Wilson
• Redeeming the Most Feared Major Arcana
•Leonides
• Nodal Axis Knows
• Autumn Foraging...and more!

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Leonids: WORTH A LOOK.

By Frank Vandervort

"The night of your birth. Thirty-three. The Leonids they were called. God how the stars did fall."

—Blood Meridian, Cormac McCarthy

Last April's total eclipse had many of us looking to the southern sky at that rare astronomical phenomenon. The following month, some of us in Southeast Michigan were out on our porches or in our yards late at night looking in the opposite direction, hoping to get a rare glimpse of the Northern Lights. This fall, we may have another opportunity to witness a celestial display—the Leonids. Each November, the night sky lights up with a meteor shower as the earth passes close to the Tempel-Tuttle comet's orbit.

I have not always been a stargazer. One of my earliest memory fragments is from when I was about four years old. I was a croup-y kid, a condition that landed me in a hospital oxygen tent more than once. One evening, my mother, who worked late waiting tables at a Big Boy restaurant, returned home after her shift long after I'd gone to bed and roused me from sleep. I sat on the edge of the dining room table as she and my grandmother gave me cough syrup and slathered Vick's Vapor Rub on my chest. As they did, they talked about flying saucers and about someone who had been abducted. I remember feeling scared and, for many years after, looked into the night sky with fear-tinged fascination.

This fall, we may have another opportunity to witness a celestial display—the Leonids. Each November, the night sky lights up with a meteor shower as the earth passes close to the Tempel-Tuttle comet's orbit.

Late in the summer of 1994, I was camping near the shore of Jenny Lake in Grand Teton National Park. I awoke in the middle of the night and heard coyotes yipping far off, their voices echoing through the lodgepole pines. I climbed out of my tent and walked to the lake's edge. It was cold, the sky crystalline. A gibbous moon gave off an incandescent light that shimmered on the lake's surface and threw a patchwork of shadow through the trees. I sat for a long time on a log looking into a sky that was polka dotted with an uncountable number of stars. As I did, I felt that tinge of childhood fear transform into awe.

Most years the Leonids give off a few dozen meteors per hour. Once every 33 years, the time it takes Tempel-Tuttle to circle the sun, the "shower" can become a "storm." When this happens, the comet gives off at least one thousand meteors per hour.

The storm on the night of November 12-13, 1833 is legendary. Known as "the night the sky fell," meteors streaked across the sky for nine hours, during which time it is estimated that from 50,000 to 150,000 fell each hour. That storm was, in the words of one historian, "the greatest celestial event in U.S. history."

Writing in the essay "An American Land Ethic" from his collection The Man Made of Words, the Pulitzer Prize winning Native American writer N. Scott Momaday (who passed away earlier this year) explained that the storm of '33 "is among the earliest entries in the Kiowa calendars." The tribe's oral historians described some of the meteors that fell that night nearly two centuries ago as "brighter than Venus" while "one was said to be as large as the moon." He continues, "So deeply impressed upon the imagination of the Kiowas is that old phenomenon, that it is remembered still: it has become part of the racial memory."

The Kiowa are not the only tribe to point to the 1833 meteor storm as a cultural marker. Harvard historian, and former University of Michigan Professor, Phillip Deloria, has been researching the impact of that night's display for years. He has documented how that storm was recorded on many tribes' winter counts, a kind of calendar on which significant events in a tribe's history were recorded on animal skins, and in their oral traditions—the Lakota, Blackfeet, Mandan, Pawnee of the plains, as well as Cherokee in the east. In addition to Native American histories, that night's storm was recorded in the quilt work of enslaved people in the American South. Many Christians, too, noted the celestial storm, and believed the world was coming to an end or that man was being punished for having offended God.

The day after the storm, Yale astronomy professor Denison Olmsted sent a letter to the New Haven newspaper asking people to send him information about what they had seen—an act Professor Deloria has called the first crowd sourcing of scientific information. Artists documented the phenomenon in prints and woodcuts, and drawings appeared on the front pages of the country's newspapers. That storm also lived in the memory of Carleton Watkins, then a child growing up in Oneonta, New York in the Catskill Mountains. Watkins recounted his memory of that night to a biographer seventy years later, after he had become one of the country's first and most accomplished landscape photographers—an Ansel Adams of the civil war era. It was that night when the "sky was snowing fire," he suggested, that had inspired him to a career attempting to capture nature's beauty on film.

I sat on the edge of the dining room table as she and my grandmother gave me cough syrup and slathered Vick's Vapor Rub on my chest. As they did, they talked about flying saucers and about someone who had been abducted. I remember feeling scared and, for many years after, looked into the night sky with fear-tinged fascination.

More recently, November 1966 produced another intense storm. On the 17th of that month, NASA documented that the comet threw off thousands of meteors per minute for about 15 minutes. Observers across the southern tier of the United States were astonished by what they saw. One of those was nine-year-old William Keel who lived in Nashville, Tennessee and described himself on a NASA website as a "proto-astronomer." His father woke him at 3:00 a.m. to observe the dazzling display of fireballs that he documented in drawings. That experience, as well as growing up during the space race of the 1960s, led Keel to pursue a Ph.D. in astronomy. He explained, when I emailed him last summer, that he is a retired professor from the University of Alabama where he taught astronomy. In 2001, he viewed another Leonid storm with his then nine-year-old son, Nathan. He estimated that they saw 1000 meteors that night.

This year's Leonid shower will take place from November 3rd through December 2nd, with the peak activity predicted to take place on the nights of November 17th and 18th. Astronomers also suggest that the pre-dawn hours of November 17th might be worth a look. This year's show is unlikely to be anything like that of 1833 or 1966, but viewers are likely to see about a dozen meteors per hour. I'll be watching. It should be well worth the loss of a little sleep.

Most years the Leonids give off a few dozen meteors per hour. Once every 33 years, the time it takes Tempel-Tuttle to circle the sun, the "shower" can become a "storm."

If you are interested in learning more, visit NASA's webpage on the Leonids at science.nasa.gov/solar-system/meteors-meteorites/leonids/. You can watch Professor Deloria's excellent lecture on the cultural impact of the 1833 Leonid meteor storm at youtube.com/watch?v=LnHHmq-vx94.

Frank Vandervort lives and writes in Ypsilanti. He can be reached at fevandervort@gmail.com.

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FROM OUR CURRENT ISSUE

Autumn Foraging

By Karen Quinn

There is something romantic and melancholy about the Earth Mother closing out the heat of summer and preparing herself for the cold winter's embrace. We instinctively feel the shift and are compelled to engage with the natural world, seeking to bask in the cascades of warm yellows, reds, and oranges in the trees and almost methodically find our way to apple orchards, pumpkin patches, and forests to take in the beauty and bounty of the season.

As you find yourself wandering, I invite you to explore and engage with the flora around you and enjoy the excitement of self-sufficient foraging, even if it's only a little. The best part is most wild edibles can be found in your very own neighborhood or local park!

Chicken of the Woods: Its distinct shape, color, and growing habits, in addition to its lack of poisonous "look-alikes," make it a wonderful option for first time foragers!

Chicken of the Woods

The Chicken of the Woods is an edible mushroom that comes from the *Laetiporus sulphureus* family. Its distinct shape, color, and growing habits, in addition to its lack of poisonous "look-alikes," make it a wonderful option for first time foragers! The Chicken of the Woods, sometimes referred to as the Chicken Mushroom, grows on both living trees and rotten logs or stumps. The younger fungus ranges from bright yellow to orange, older, well-established colonies can even have a tint of ruddy red mixed in. When the fungus gets older, it turns more to a pale yellow and white. You want to harvest the mushroom when it is young for the best texture and flavor which is said to be how it got its namesake. The texture is described to be much like cooked chicken and the flavor lends itself in that direction as well. This makes this mushroom a forageable wonder for vegetarians as a chicken substitute in recipes. That's my family's favorite way of utilizing them—especially in soups and stir fries. Simply wash off any debris, chop them up in the desired configuration, and treat them like any other meat or mushroom.

If you have a plentiful harvest and want to preserve your bounty for later, there are a few options I have used that have worked very well. You can freeze them by washing them and then sweating them in butter. This is done by adding them to a hot pan of butter and sauteing them just slightly to get a layer of fat on the surface of the mushroom. Allow them to cool, then put them in a vacuum sealed bag or a Ziplock with as much air removed as possible. Another way is to slowly dehydrate them by placing them on a baking sheet or dehydrator rack in the oven at its lowest setting and turning them every 30 minutes if on a baking sheet. After all the water is removed, put them in an airtight container, and store in a cool, dark area. When you are ready to use them, gather your desired amount, and place it in a bowl of water for 10-30 minutes to rehydrate it; then, cook as normal.

Black Walnuts

The Black Walnut tree, or the *Juglans nigra*, is a native tree to North America that is both prized and despised equally. On one hand, they are a constant source of nuts, and their wood is prized by woodworkers for its beauty and versatility. On the other hand, they are messy, and the juglone they produce can wipe out anything in the nightshade or *solanacea* family (tomatoes, peppers, eggplants, potatoes) that are planted too close to them. I have five old black walnuts in my backyard, and I can personally say I fall into both sides of the argument. I love their gifts of abundant free nuts each fall, but they truly are messy and have been the reason for more than one of my tomato growing failures. But, in the bigger picture, I love them.

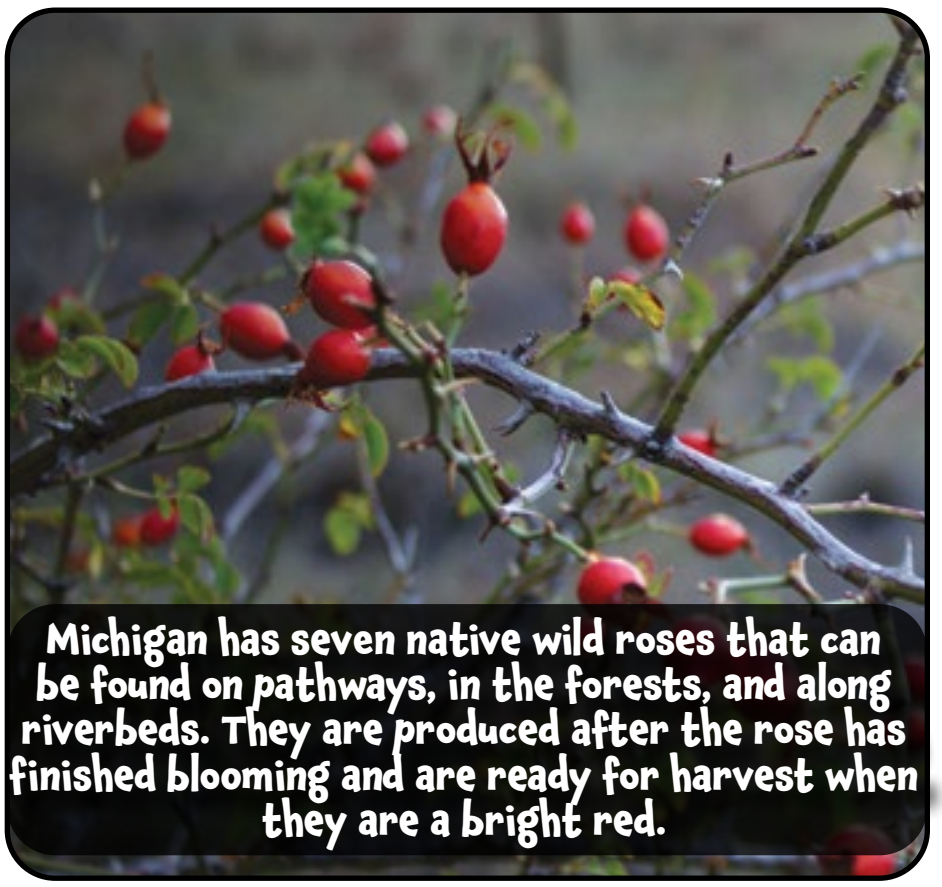
Black walnuts grow inside a rind that looks and smells like a lemon upon first inspection. When they are ripe, they naturally fall from the tree, so if it's on the ground it's typically ready to harvest. We use a tool that is meant to pick up golf balls: it resembles a wire ball on a handle. It rolls over the ground and picks the ripe walnuts up for us. Then, we empty them into paper lawn bags or cardboard boxes for storage until we can process them. We found that if you put them in buckets they don't "breathe," and get moldy. Once the walnut husks are no longer green, and have turned to a more yellowish-brown color, they are ready for hulling (removal of the husks).

For this part of the process, you will want to get some really good rubber gloves because they are messy; don't wear anything you care about too much. You'll also want an empty cardboard box or paper grocery bag and a bucket (food-safe, if you can). At this stage, the hull should peel right off. If it doesn't come off easily, simply set it aside and wait a few days for it to finish ripening. As you work, place the peel into the bucket and the hulled nut into the bag or box. Both parts of the nut have a purpose. Obviously, the nut is the forageable food, but that messy husk has a host of uses. It can be used to make tea, tinctures, natural dye for fibers, and black walnut ink, which is my favorite way to use them. (My black walnut ink recipe can be found in the Wild Crafting Article on page XX.)

Once you've hulled your walnuts, there are a few ways you can preserve them. One is to keep them whole until you are ready to use them. You would just give

them a quick rinse to get any remaining *black ink* off them, and let them dry in a cool, dark place with good air circulation for a day or two. When I use this method, I store them in old onion bags for ventilation. Another way is to crack them and store their meat in the fridge or freezer. No matter which method you choose, eventually you'll need to extract the nut from the shell. There are a host of contraptions out there to do this for you, but our favorite pastime is the cloth and hammer method. Gather a bowl, another bucket, a clean cloth or towel (the cloth is just to keep the shells from flying all over the place), a good hammer (we use ball peen hammers for this) and a heavy-duty working surface (the garage floor works just fine as well). Lay your cloth out on the surface, place a nut on the cloth (pointy side down, if you can), fold the cloth over the nut, and give it a whack with the hammer. This part takes a bit of practice, since you don't want to smash it to bits, but you do want to crack it sufficiently. Ideally, the shell will split into 2-3 pieces that you can then remove the meat from the shell with a nut pick, placing the nut in the bowl and the shell in the bucket. The shelled nuts can be stored in the refrigerator for about a year, or you can freeze them.

Disclaimer: Don't try to compost any part of this process, as the juglone will "poison" your compost and kill any nightshade you plant in it. Either dispose of it through yard waste or put it back out under the trees.


Michigan has seven native wild roses that can be found on pathways, in the forests, and along riverbeds. They are produced after the rose has finished blooming and are ready for harvest when they are a bright red.

Rose Hips

Rose Hips, or *Rosa canina,* are the fruit of the rose plant. Cultivated roses produce them, but wild roses also create this delicacy. Michigan has seven native wild roses that can be found on pathways, in the forests, and along riverbeds. They are produced after the rose has finished blooming and are ready for harvest when they are a bright red. If left on the plant, they persist through the winter and offer sustenance to the bird and animal populations in the area. These fruits are highly prized, since they are high in Vitamin C and can be used in everything from simple teas to health and beauty products.

The best way to make sure you are harvesting wild rose hips, is to identify the plant in the summer when the flowers are in bloom. Their growth pattern is much like a wild black raspberry with long, thorny stems that grow in an arch with leaves that are small, lobed, and mirrored. The thorns, plus the presence of the red rose hips, are another way to identify them if you happen upon them in autumn. Luckily, there aren't any poisonous "look-alikes," so this is another great first-time forage activity for beginners.

In the case of rose hips, the longer you let them stay on the plant, the sweeter they will become. So, waiting, in this instance, is a good thing. I find that the rose hips that are just getting wrinkly when I harvest them are the tastiest.

After you harvest and wash your rosehips, being sure to remove any stems, the best ways to preserve them whole are drying or dehydrating and freezing. I tend to dehydrate about a half-pint of them to keep for teas until harvest season the next year. Then, I use the rest to make infused oils for body products and cooking. I've also made rose hip jelly in exceptionally productive years. The versatility of this forageable is vast, so I encourage you to do a search on your own and see what sounds fun and interesting to you! Your local library is another wonderful resource for this as well. Some of my favorite ideas have come out of old flower cookbooks.

No matter what you decide, I hope these suggestions at least spark a desire in you to get outside, connect to the world around you, and enjoy the magic of nature.

Karen Quinn is a writer and artist who homesteads on a rural urban farm in Livonia,Michigan with her husband, son, and menagerie of animals. Her favorite things are napping, exploring, and drinking tea.

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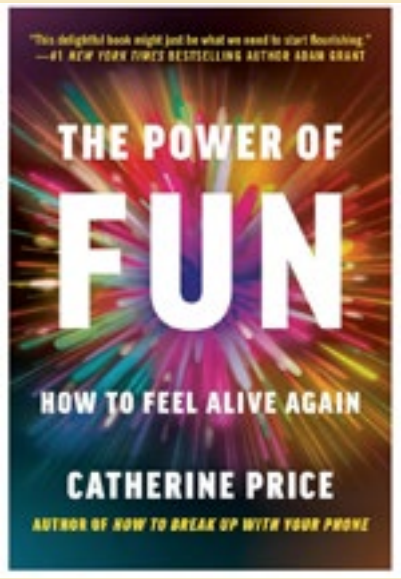
CW Book Picks *of the month*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THE POWER OF
FUN
HOW TO FEEL ALIVE AGAIN
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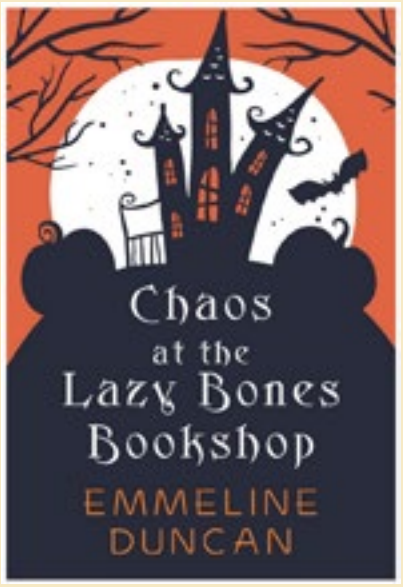
Journalist and screen/life balance expert Catherine Price argues persuasively that our always-on, tech-addicted lifestyles have led us to obsess over intangible concepts such as happiness while obscuring the fact that real happiness lies in the everyday experience of fun. We often think of fun as indulgent, even immature and selfish. We claim to not have time for it, even as we find hours a day for what Price calls Fake Fun—bingeing on television, doomscrolling the news, or posting photos to social media, all in hopes of filling some of the emptiness we feel inside.

In this follow-up to her hit book, How to Break Up with Your Phone, Price makes the case that True Fun—which she defines as the magical confluence of playfulness, connection, and flow—will give us the fulfillment we so desperately seek. If you use True Fun as your compass, you will be happier and healthier. You will be more productive, less resentful, and less stressed. You will have more energy. You will find community and a sense of purpose. You will stop languishing and start flourishing. And best of all? You'll enjoy the process.

Weaving together scientific research with personal experience, Price reveals the surprising mental, physical, and cognitive benefits of fun, and offers a practical, personalized plan for how we can achieve better screen/life balance and attract more True Fun into our daily lives—without feeling overwhelmed.

Purchase your copy of *The Power of Fun* at shopcrazywisdom.com



Bailey Briggs adores her year-round Halloween-themed town of Elyan Hollow, Oregon. But when she takes over her grandfather's beloved bookshop, Lazy Bones Books, she accidentally discovers the town's secret dark side . . .

Normally, spooky season is Bailey Briggs' favorite time of year, and her Halloween-themed small town's time to shine. But between managing Lazy Bones Books, working on her graphic novel-in-progress, and running the Spooky Season Literary Festival, Bailey hardly has a moment to enjoy Elyan Hollow's spot-on seasonal vibes. Not to mention, at every turn she seems to be tripping over the contentious crew of Gone Ghouls, a ghost-hunting reality TV show currently filming around town. Bailey tries to stay focused on the Lit Festival, which is supposed to kick off Elyan Hollow's annual Halloween Fair; instead, this year's festival begins with a murder . . .

It's bad enough Bailey discovered the victim, but now, as a lead suspect with some (admittedly) damning evidence pointing her way, she's got to clear her name! With the help of her librarian friend, Colby, and Jack Skeleton, her world-class bookshop dog (and the absolute bestest boy ever), Bailey sets out to solve a murder . . .

As her investigation weaves through family secrets, professional rivalries, and town feuds, the list of suspects is growing fast . . . and unfortunately, so is the list of victims. If Bailey doesn't find the killer soon, Elyan Hollow's haunted reputation will get a little too real . . .

Purchase your copy of *Chaos at the Lazy Bones Bookshop* at shopcrazywisdom.com

Mika is not your average twelve-year-old—and she's about to prove it.

It's 1880, and in the frigid city of Stockholm, death lurks around every corner. Twelve-year-old Mika knows that everyone in her orphanage will struggle to survive this winter. But at least the notorious serial killer the Night Raven is finally off the streets…or is he?

Mika is shocked when a newborn baby is left at the orphanage in the middle of the night, by a boy with a cryptic message. Who is he? And who is this "Dark Angel" he speaks of? When a detective shows up, Mika senses something even more sinister is going on.

Drawn in by Mika's unique ability to notice small details—~~a~~ skill Mika has always used to survive—~~t~~he gruff Detective Hoff unwittingly recruits her to help him with his investigation into a gruesome murder. Mika knows she should stay far, far away, and yet…with such little hope for her future, could this be an opportunity? Maybe, just maybe, this is Mika's chance to be someone who matters.

Purchase your copy of The Night Raven at shopcrazywisdom.com

Community Spotlight

By Lynda Gronlund

BLOODROOT HERB SHOP

Corinne Denomme and Alex Crofoot opened Bloodroot Herb Shop on Michigan Avenue in downtown Ypsilanti in the late summer of 2023.

The shop offers over sixty loose leaf organic herbs which can be purchased by the ounce, a selection of herbal extracts, house-made herbal teas, house and garden plants, zines (self-published magazines), and Michigan-made products including skincare items, ceramics and décor, and more. They prioritize sourcing herbs from small American farms. Crofoot and Denomme also teach classes on Western energetic herbalism and offer health consultations. The shop facilitates vendor markets and hosts free community events and other gatherings.

Denomme has been running an herbal product business, White Pine Rising, for over nine years. She has also taught nature connection programs and natural dye workshops. Crofoot is a co-owner of Black Locust Gardens, an organic herb farm in Dexter and the founder of the Community Care Camper which is a free mobile herb clinic serving underserved populations in Ann Arbor and surrounding areas. She is a coordinator for the Great Lakes Herb Faire and a full spectrum doula. Both Crofoot and Denomme have studied herbalism for over a decade and are passionate about making herbalism accessible to everyone regardless of income level.

Alex Crofoot and Corinne Denomme

The pair wanted their shop to be a "stable gathering space" where they can "geek out on plants with others and build resiliency in reciprocal relationships with our community." They wanted a place where they could practice their activism and herbalism, serve the community, and "create jovial experiences within the oppressive structures we live under." They offer sliding scale options and regularly host mutual aid medicine making days where community members create and distribute herbal medicines for unhoused and underserved people in the community.

They had originally thought to set up shop in Ypsilanti's Depot Town, but once they saw the Michigan Avenue space they knew it was the right one, and they are happy to be part of downtown Ypsilanti's business revival. The historic brick building retains its original wood flooring, and Crofoot and Denomme have furnished it with vintage pieces and decorated throughout with dried plants and flowers giving it a cozy feel. They offer upstairs and downstairs space rentals for events, classes, art shows, performances, and whatever else the community may come up with.

Upcoming events at the shop include monthly Death Café meetings with Hanna Hasselschwert, classes on herbalism, botany, basket weaving and crafts, mutual aid community medicine making / distribution days, a Samhain potluck, and an indoor holiday vendor's market in partnership with the shop's neighbor, Ziggy's bar. Dates and times are available online.

Bloodroot Herb Shop is located at 208 W Michigan Avenue, in Ypsilanti MI 48917. The website is bloodrootherbshop.com. The shop can be reached by phone at (734) 802-5408 or by email at bloodrootherbshop.mi@gmail.com.

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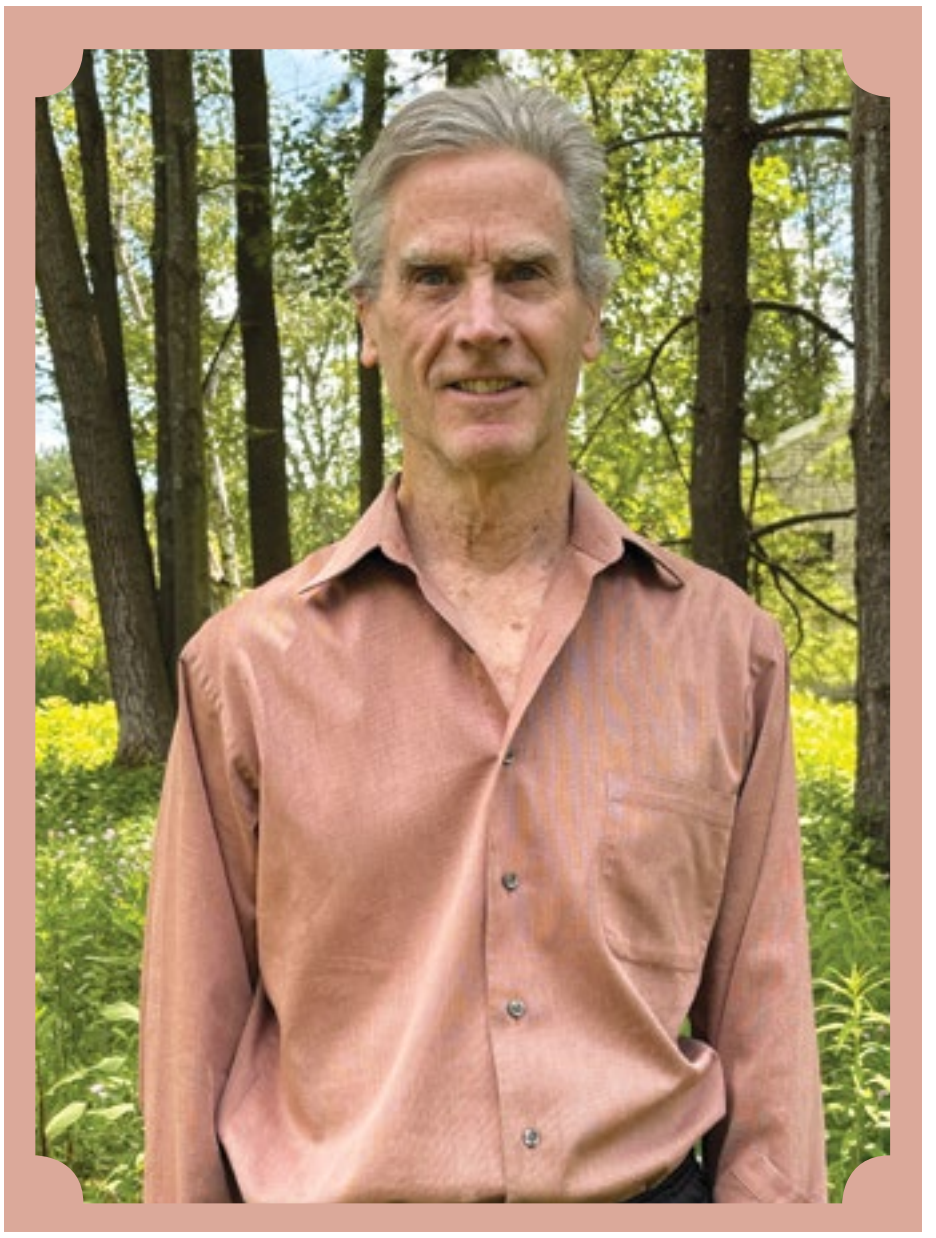
Out of My Comfort Zone

Brian O'Donnell, Ph.D has been a practicing psychotherapist in private practice for the past 49 years. He is also a senior teacher in the Great Lakes Pathwork. The Pathwork is a spiritual path that combines depth psychology and inner transformation. O'Donnell teaches, consults, and leads workshops in the United States, South America, Canada, Europe, Israel, and Asia. O'Donnell is committed athlete and meditator. He can be reached at Bodpath@aol.com or by calling (734) 213-2580.

THE ULTIMATE COMFORT ZONE

By Brian O'Donnell



Life is calling me out of the comfort zone of middle age to the forbidding territory of old age. Middle age isn't exactly my comfort zone either. If I'm honest I'm still clinging to youthfulness.

I miss the vitality of youth where the focus was on achievement, seduction, and risk taking. There was the constant thrill of expansion and unending discovery. Everything was in front of me. Life was filled with promise, the constant flow of new people, learning and developing physical mastery. My body was nimble and overflowing with boundless energy, libido, and beauty.

I realize that my youth had its perils as well: impulsiveness, chaos, intensity, plus the tumult of romance and its painful wake. Yet, I hold onto its idealization.

My middle years were devoted to settling down. I developed a successful career and built emotional and financial security. I opened the door to the ongoing nourishment of Spirit.

Gone was the swirl of new friendships and instead the deepening of those that I had. The excitement of younger years was still present but balanced with predictability and certainty. Maturity stabilized the excesses of youth. Innocence evolved into hard earned perspective.

My body has begun its inevitable diminishment which I have fought every step of the way. I still push myself daily at the gym lifting more weights, increasing my running time, adding extra laps in the pool. There is a life affirming energy in this, and it is also fueled by vanity and grasping for the past.

A flower doesn't compete with the flower next to it.
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Life is calling me out of the comfort zone of middle age to the forbidding territory of old age. Middle age isn't exactly my comfort zone either. If I'm honest I'm still clinging to youthfulness.

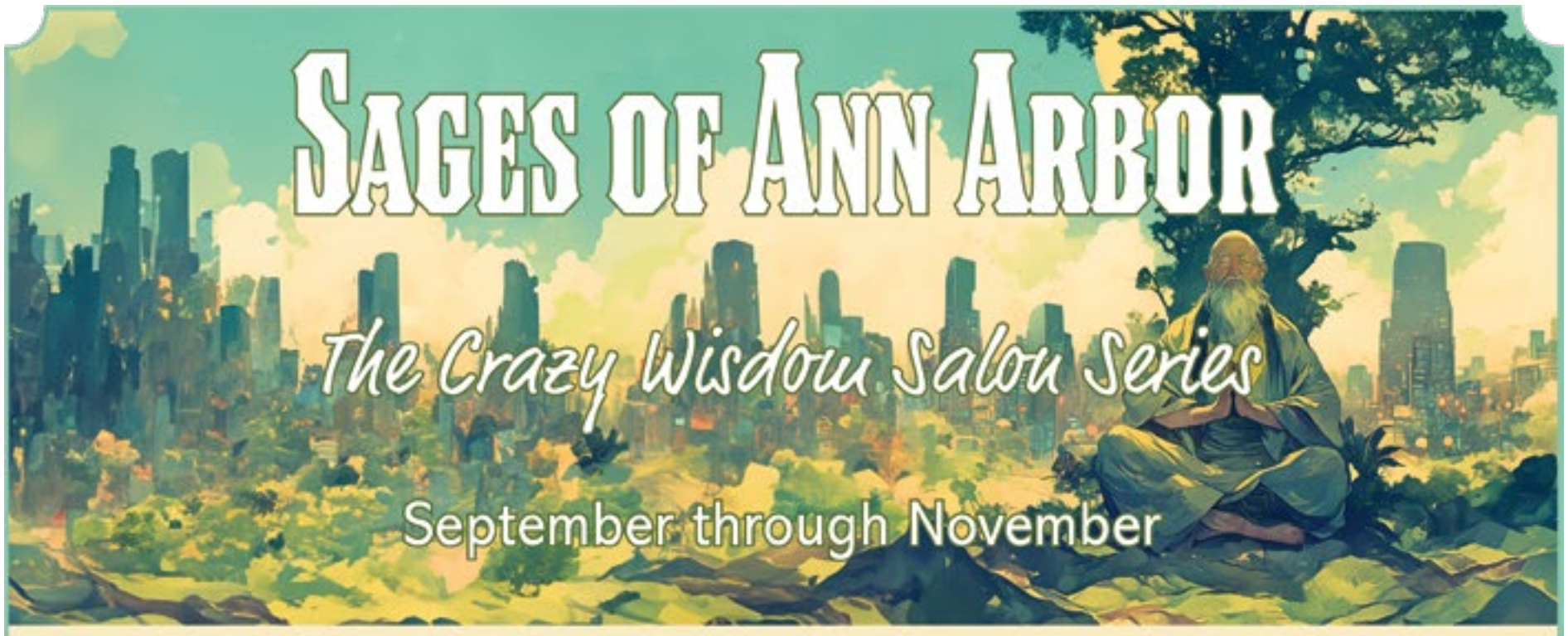
When I look in the mirror, I wonder who that white haired man is who is looking back at me with such pathos. Aging is fraught with loss, decline, and grief. Aging ushers in and challenges the previously fortified denial of death. It is an uncomfortable new landscape to gaze upon. I want to look back and not ahead.

From my inner work I also intuit that old age has its own promise and gifts—wisdom, the softening of egoic pulls, profound surrender, and the full flowering of Love. There can be the liberating force of "nothing to prove." Gone will be

the perpetual focus on the past or the future and instead an embrace of the now moment will prevail.

Yet the entrance to this promised land is the deep acceptance of impermanence, imperfection, and frustration. This is my humbling and enlivening practice.

Being young has nothing on the kind of freedom and equanimity that emerges from this act of yielding to life on its own terms.



Age-ing to Sage-ing:
Harvesting the Wisdom of our Years

with Luciuda Kurtz, M.A. & Oran Hesterman, PhD

Thursday, September 12, 7 to 9 p.m.

We each have a choice as we grow older: to simply age or become a sage? As Lucinda and Oran introduce the CW Salon series on Sages of Ann Arbor, they will share aspects of eldering essential for contributing our wisdom to healing relationships, our communities and the planet. Come learn how. Lucinda Kurtz is a healer, ritualist, writer and poet. Oran Hesterman is the founder of Fair Food Network and a ceramic artist.

An Evening with
Dr. Dennis Chernin, M.D., M.P.H.

With Moderator Bill Ziriusky of Crazy Wisdom

Thursday, September 26, 7 to 9 p.m.

One of the wise men of integrative medicine in this region, Dr. Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. He also lectures at U-M Medical School and is the medical director of 3 county health departments. He's taught meditation and breathing techniques for over 40 years, and he's a certified yoga teacher. And he's the lead singer, harmonium player and co-founder of Ann Arbor Kirtan. Dr. Chernin is the author of books on meditation and homeopathy, and his most recent book is *A Physician's Journey: Yoga and Meditation to Holistic Medicine.*

An Evening with
Lisa Gottlieb, MSW, SSW

With Moderator Bill Ziriusky of Crazy Wisdom

Thursday, October 10, 7 to 9 p.m.

One of Ann Arbor's modern-era renaissance women, Lisa has been a leader in the community for decades. The co-founder and Operations Director for Selma Café, she's been at the forefront of Ann Arbor's organic food and farm-to-table culture, and in more recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor. She works with individuals, couples and families through the lens of Nonviolent Communication to improve connection, reduce conflict and make it easier to understand each other. She is currently writing a book called *Musings from a Snarky Empath: Life through the Lens of Nonviolent Communication.*

Presence, Kindness and Freedom

An Evening with Barbara Brodsky and Davy Rothbart

Wednesday, October 23, 7 to 9 p.m.

Barbara Brodsky, the founding and guiding teacher of Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, and her son, Davy Rothbart, a bestselling author and Emmy Award-winning filmmaker, explore the topics of Presence, Kindness and Freedom—topics central to both of their work, and also the name of Brodsky's foundational work. Brodsky is also the medium for the entity Aaron, and the author of many books. Rothbart is a frequent presence on NPR's *This American Life,* creator of *FOUND* Magazine, and a current Knight-Wallace Fellow at the University of Michigan. The evening will include a brief reading from each of them, followed by a spirited discussion.

An Evening with
Dr. Jay Sandweiss, D.O.

With Moderator Bill Ziriusky of Crazy Wisdom

Thursday, November 21, 7 to 9 p.m.

Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Functional Medicine and Chinese Medicine. He's been teaching nationally and internationally for decades.

The Crazy Wisdom Salon Series is free to attend, and takes place in our Celestial Lounge.

For more information, contact Susan Young, Events Coordinator, at: eventsandbookings@crazywisdom.net or billz@crazywisdom.net or call the store at (734) 665-2757.

Local Farm and Orchard Visits

When school starts and the stars begin to twinkle a bit earlier in the evening sky, one can't help but think of picking apples, carving pumpkins, Halloween costumes, and hay rides. We've compiled some of the most unique orchard and farm experiences we could find in southeastern Michigan. Grab your jacket and wellies and enjoy the crisp autumn air before Jack Frost dances on your eyelashes!

Wing Farm

Wing Farm, located in Ann Arbor, has been locally owned and operated for over 150 years by the same family. Over the years, the farm has been host to herds of sheep, cattle, and cows as well as fields growing corn, soybeans, and rye, as well as their locally famous giant pumpkins. You can purchase a farm fresh turkey for your Thanksgiving table, gourds, and pumpkins. They also sell cider and offer hayrides on the weekends beginning September 28th. To learn more about Wing Farm, visit them online at wingfarms.com. Wing Farms is located at 5335 Dexter Ann Arbor Road, Ann Arbor, MI 48103.

Jenny's Farm Stand

For a great family day out, take a drive just west of Dexter to Jenny's Farm Stand. This 200-year-old working farm offers fun for the whole family. Enjoy a romp through the straw maze, pick a pumpkin, ride a pony, or enjoy a hayride through the pumpkin patch. Ready for a snack? You'll find freshly made doughnuts, maple syrup, canned goods, and seasonal fruits and vegetables. For more information, visit them online at jennysfarmmarket.com. Jenny's Farm Stand is located at 8366 Island Lake Road, Dexter, MI 48130.

Wasem Fruit Farm

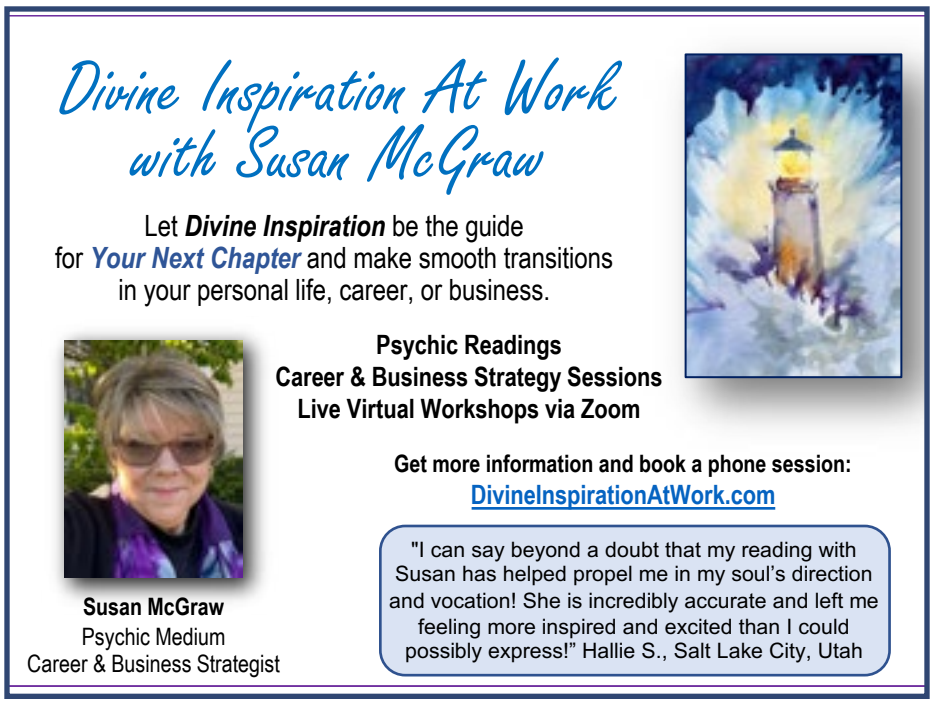
You may recognize this farm from their Ann Arbor Farmer's Market stall. Wasem fruit farm is a family owned fruit farm in Milan. You can pick your own apples, pumpkins, and cherries. They also offer cider and fresh doughnuts made daily. In addition, they grow a variety of other fruits, including: currants (red and black), gooseberries, peaches, plums, pears, and raspberries. Check out their Facebook page for up-to-date information. Visit them online at wasemfruitfarm.com. Wasem Fruit Farm is located at 6580 Judd Road, Milan, MI 48160.

Kapnick Orchards

Kapnick Orchards is located south of Ann Arbor in rural Britton. It's a great drive on a sunny fall day. The orchard has been family owned and operated since 1958 and boasts its own bakery and cider mill. In their farm store, you can purchase homemade fudge and apple butter, as well as freshly baked goods, doughnuts, prepared jams, nuts, and candies. In the fall, you can pick your own apples and pumpkins, enjoy a wagon ride through their Enchanted Forest, and visit the farm animals. The second weekend in October is their annual Apple Festival featuring artisans and crafters, entertainment, and of course seasonal goodies! For more information visit their website, kapnickorchards.com. Kapnick Orchards is located at 4245 Rogers Highway, Britton, MI 49229.

Plymouth Orchards and Cider Mill

A woman owned and operated business since 1977, Plymouth Orchards and Cider Mill offers cider, doughnuts, wagon rides, and live entertainment. In 2018, with a grant from Michigan State University, they were able to purchase solar electric panels that provide 70% of the electricity the farm needs to operate the cider mill building. Committed to sustainable practices, they are also a certified organic working farm growing apples, blackberries, raspberries, and asparagus as well as organic rye, oats, and hay. The orchard offers wagon rides to the pumpkin patch, a meander through the hay bale maze, a visit to the farm animals, or you can watch cider being pressed and staff making doughnuts and pies. Find more information online at plymouthorchards.com. Plymouth Orchards and Cider Mill is located at 10685 Warren Road, Plymouth, MI 48170.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Susan McGraw
Psychic Medium
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From Our Archives

HeartMath™ with Rachel Egherman

By Laura K. Cowan
Photographs by Fresh Coast Photography

With the past year or two of constant stress, many people are looking for a simple way to relax on an ongoing basis. This reminded me of a previous experience with HeartMath™, and so I connected with Rachel Egherman of The Celebrated Heart, formerly of Head-To-Toe Therapies. In all my healing journey, I've never come across anything quite so simple and effective for calming and checking in with the heart space as HeartMath™. I wanted to learn more about the process and how you might evaluate if the self-care technique might be helpful to you.

"HeartMath™ is heart-focused breathing, or breathing through the heart space," Rachel Egherman said of the gentle form of self-care that helps you check in with your body, your heart space, and feel supported. "This is something you can do yourself in the grocery store line. It's a way to quickly self-regulate."

Egherman has been a reflexologist and HeartMath™ coach for a number of years, working out of her former clinic Head-To-Toe Therapies with business partner Judy Ramsey. After closing the clinic to focus on other work during the pandemic, Egherman says she took some time off before doing more one-on-one HeartMath™ coaching and starting a group session on Zoom. She's passionate about not just physical healing but the emotional wellbeing of her clients, and it shows in the way she speaks gently and checks in with how her clients are doing.

According to Egherman, HeartMath™ is not therapy or meditation, but "a blend of science and simplicity" for self-regulation and relaxation. It can also be combined with healing modalities such as reflexology to help people process emotions stored in the body as tension.

I sat down with Egherman to talk about the benefits of this unique form of self-care, and how you might judge if it's something you want to try. I love HeartMath™ because it's something you can learn in just a few sessions and then carry forward in daily life. I've done several HeartMath™ sessions with Egherman in the past at her clinic, and left feeling centered and peaceful. Processing issues that came up during the session was much easier to handle than it sometimes can be during the healing process.

Laura Cowan: Tell me about HeartMath™ and how it works.

Rachel Egherman: The typical process for a one-on-one goes like this: First, I try to find out what your goal is. Where are you at right now? I work with people across the spectrum from those who have no self-care routine to advanced yogis, so I'm trying to find out where you need support, whether that's physical or emotional. For example, if you're struggling with an autoimmune disorder, we might want to start with the physical.

Then, we look at techniques to tap into your heart space. There is a foundation of breathing to let go of stress or the negative effects of stress.

Finally, we have worksheets designed to help you recognize what depletes you and what renews you.

Read the rest of the article online!

Resources for Conscious Living

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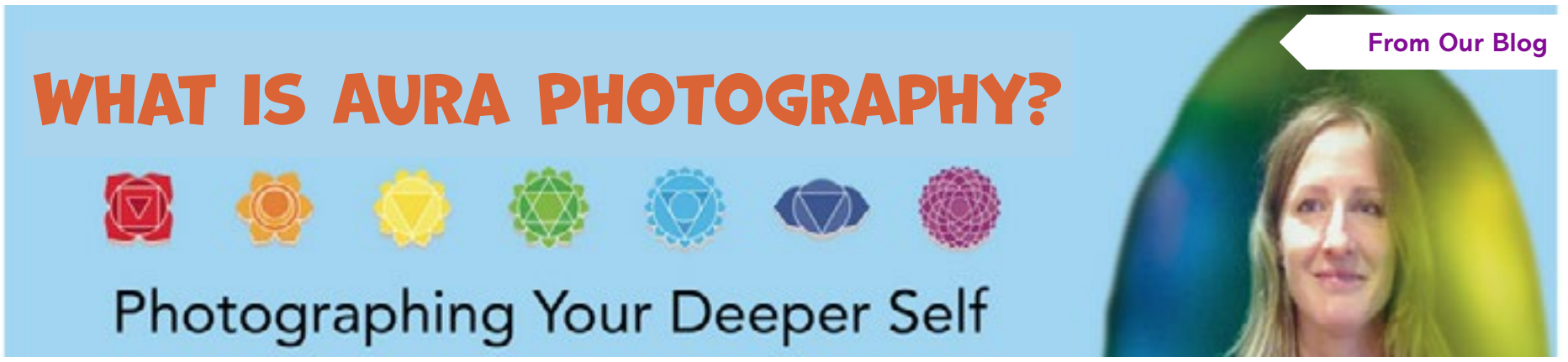


By Annette Schilz

The ability to "see" our energy fields within the limited light spectrum of the human eye. Kirlian photography was the first method of showing energy fields. Officially invented in 1939 by Semyon Davidovitch Kirlian, it didn't come into mainstream notability until the late 50's, demonstrating that all living things have an aura. Auras have not received as much discussion as many other energetic topics, such as chakras. If you understand that everything is energy vibrating at different levels, then an aura is not such an unbelievable phenomenon. Plants, animals, and humans all have auras, which is simply an energy field emanating from that entity. Human Auras are comprised of 7 horizontal layers of energy fields surrounding our physical bodies expanding from 3-6 ft in a 360 degree field, moving outward from physical to etheric. Each horizontal layer is a "reflection" of a chakra (which runs vertically along our spine) and relates to specific bodily organs/systems and emotional characteristics. This is the point when explanation can become a bit complicated. Due to the interconnectedness of everything (people, animals, plants, the planet, the cosmos), my belief is that it is almost impossible to separate and work with an Aura independently, because you will in effect, also be influencing the chakras and physical systems. However, if we take into account the complementary aspects of the person, in this case, Aura and Chakras together, a more complete picture of the energies being received and emanated may guide to an expedited plan for rebalancing. And that is what each individual's energetic and physical systems are consistently striving to achieve.

This brings me to my perception of the cause of illness or as eloquently phrased by many new thought teachers, dis-ease. When we create a state of dis-ease or non-ease and do not properly address it, our physical body stores it in designated organs until we revisit and "heal" it. But if we continue to store them, at some point our body turns on the "check engine" light by creating dis-comfort in the form of symptoms. And Louise Hay was phenomenal at relating our physical symptoms with our emotionally distressed counterpart. For example, if you have stomach issues Louise states: "Fear of the new or an inability to assimilate the new," which makes sense if you can't "stomach the idea of (the subject of change) …." So, if illness or dis-ease is a manifestation of emotional issues that are lying dormant and unaddressed, then logic would suggest working with these energies, bringing them into our awareness and releasing them should return us to a state of homeostasis (physically and emotionally). A simple analysis would be the relief you get when you finally remove that sliver. It can be the smallest irritant, but if you rub it just the right way, you know it's there and it continues to be this constant, under the surface, annoyance. But if you try to ignore it, infection and pain will continue to grow until you have an even larger issue to deal with.

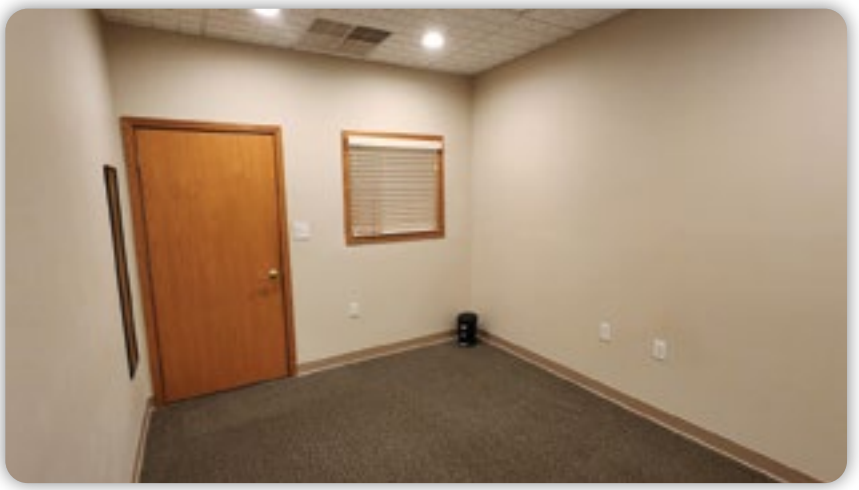
Now we return to Aura photography and how that can be utilized to improve our well-being. Foremost I think it is of note that your aura is not static (your Sun or zodiac sign is usually static, in that it does not change). That is to say, your Aura is not simply violet or yellow but reflects your emotions/energies being received and emitted at that moment. Our specific aura photography system (through a biofeedback system) generates the colors associated with your emotional state at the time, but also visualizes your chakra status, too. This is why I'm excited to be able to utilize this tool for the benefit of others...

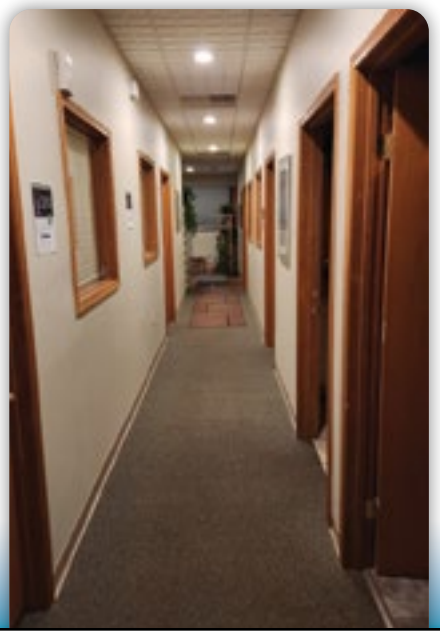
READ THE REST OF THE ARTICLE ONLINE!

QUIET SPACES

Office Rentals

Yearly • Monthly
Shared Monthly • Daily





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The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

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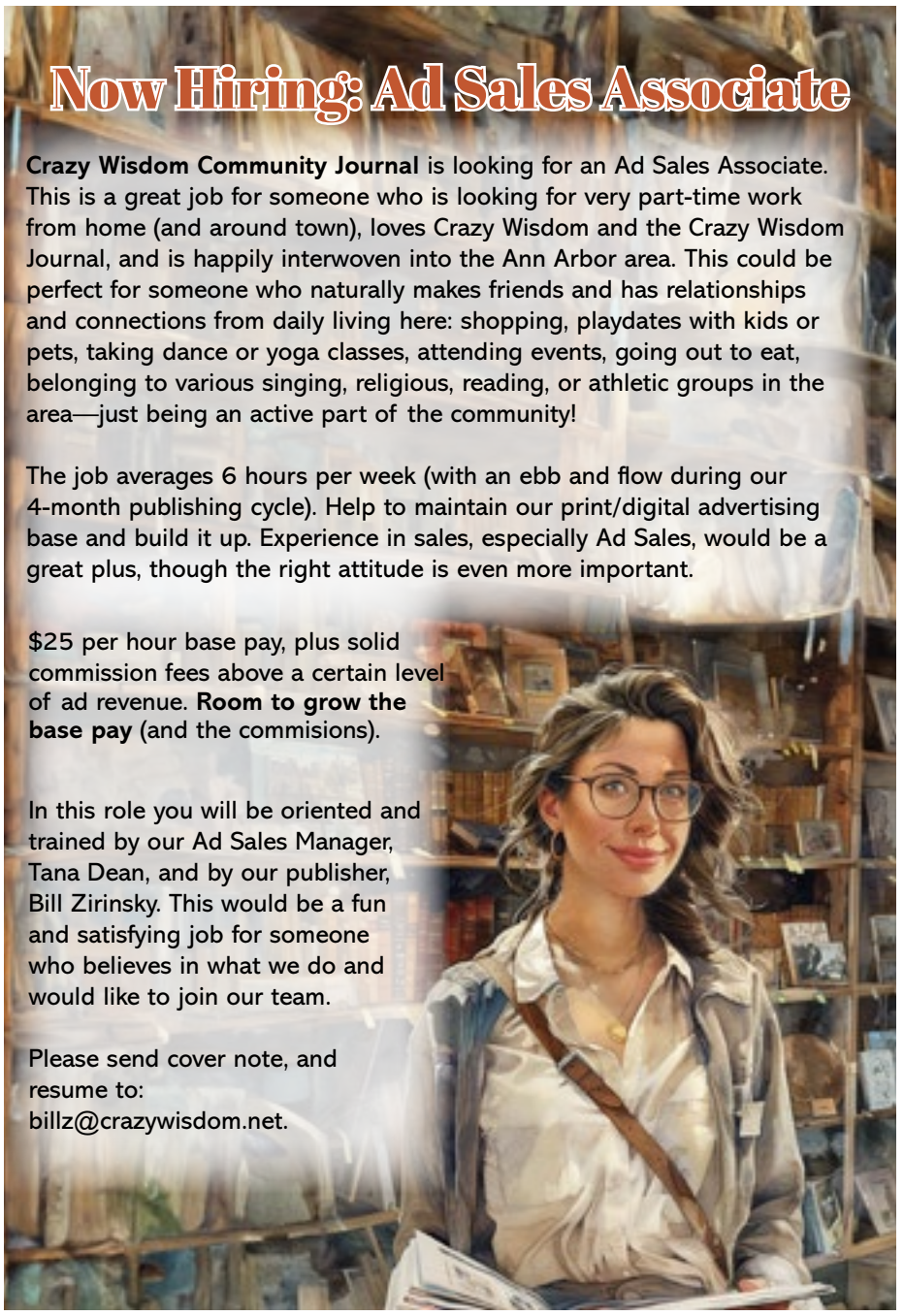
Please send cover note, and resume to: billz@crazywisdom.net.



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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

September through December 2024

Calendar edited by Kaili Brooks

A Course of Miracles

A Course in Miracles (ACIM) Study Group with Rev. David Bell & Randall Counts • Mondays, September 2 through December 30 from 6:45 to 8:00 p.m. OR Thursdays, September 5 through December 26 from 7:30 to 8:30 p.m. • Practical application of course principles to daily life. Text and study materials are included. FREE, donations gratefully accepted. For more information, visit interfaithspirit.org.

Art and Craft

Wheel Throwing Course with Throw Art Studio • Ongoing Wednesdays, Thursdays, Fridays, & Saturdays • Times Vary • Learn to wheel throw in six sessions and receive an in-depth look at the ceramic creation process. Keep what you make! Bright, open studio space with cafe on-site. New sessions start at the beginning of each month with classes available morning and evening, weekday, and weekend. $279. For more information visit throwannarbor.com.

Solo Exhibition of Simon Ha's Paintings: Elemental Revelations with Raymond James Ann Arbor • Thursday, September 19 through Tuesday, November 19 • Opening Ceremony 4:30 to 7:00 p.m. • Ha's solo exhibition, aptly titled "Elemental Revelations," invites visitors to immerse themselves in the profound and often unseen forces that shape our existence. At the heart of this exhibition lies the central theme of sudden revelations about the elemental forces working within and around us. These abstract acrylic paintings serve as both a visual and emotional journey, inspired by the invisible yet palpable energies that influence our daily lives. Located at Raymond James and Associates, 350 S Main St #100, Ann Arbor, MI 48104. FREE. For more information visit simon-ha.com

Harvest Art Market with Silver Maples of Chelsea • Saturday, October 5 • 10:00 a.m. to 4:00 p.m. • A juried, fine arts and crafts market at the beautiful Silver Maples of Chelsea. Many local artists and craftsmen. Find something beautiful for your holiday decorating or gift giving needs. FREE. For more information visit silvermaples.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Wednesday, October 16, 23, & 30 • 6 to 7:00 p.m. • This series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robinlily@outlook.com.

2024 Art Auction with the Prison Creative Arts Project • Saturday, December 7 • 6:30 to 9:00 p.m. • The Art Auction raises funds for the 29th Annual Exhibition of Artists in Michigan Prisons. Admission is free. As a fundraising event, we offer the opportunity to contribute by covering event costs for yourself or sponsoring attendance for another guest. FREE. For more information contact PCAP staff at pcapinfo@umich.edu or visit prisonarts.org.

Candle-making and Crafts with Deanne Bednar • Sunday, December 8 • 10:00 a.m. to 4:00 p.m. • Enjoy the aroma and peace of making dipped beeswax candles and other natural earth crafts at Strawbale Studio. $50 including materials. For more information visit strawbalestudio.org.

Ayurveda

Ayurveda for Well-Being with Kapila Castoldi • Sunday, October 20, 27, & November 3 • 2 to 4:00 p.m. • Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential. The series will focus on understanding our unique mind-body type, living in tune with our nature, and achieving the body-mind balance that brings about harmony and happiness in life. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion with Rachel Pastiva • Friday, October 25 • 7 to 9:00 p.m. • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book discussion titles will be available at Crazy Wisdom at 20% off. October 's pick: Unwell Women: Misdiagnosis and Myth in a Man-made World by Elinor Cleghorn. FREE. For more information contact Susan at eventsandbookings@crazywisdom.net.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, October 6 & 20, November 3 & 17, December 1 & 15 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Meditation sitting with Various Presenters • Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Kenneth at (734) 678-0264.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, October 1, 8, 15, 22, 29, November 5, 26, December 3, 10, 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. The sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

The Bodhisattva's Way of Life: Chapter 6 Beginning with Patience with Demo Rinpoche • Thursday, October 3, 10, 17, 24 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This series focuses on chapter 6 - patience. Online or in person. Free, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation Workshop with Khenpo Tshering Chophel • Saturday, October 5, 12, 26, November 2, 9, 16, 23, December 7, 14, 21,& 28 • 10:30 to 11:30 a.m. • Buddhist monk Khenpo Chophel teaches new meditation techniques, leads meditation, and facilitates discussion about people's meditation practice. FREE; donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

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5 questions for musician Olivia Cirisan

Olivia Cirisan is currently a graduate percussion student at the University of Michigan, and she has an affinity for popular and experimental music spheres as well. As a singer/songwriter, composer and producer, Olivia's work has been showcased internationally, on radio shows like Brighton, UK's 1BTN.FM, Latvia's NABA FM 95.8 and Berlin's Refuge Worldwide radio.

Your website states that you focus on pushing the boundaries of percussion within the scope of contemporary classical music. Can you tell us more about how you approach this process?

In all honesty, I have a super short attention span (I have ADHD) and easily get fixated on new things, so the process is very organic for me. Each new project of mine is like a new adventure, frequently combining a lot of my random interests like classical percussion, pop music, ambient music, electronics, etc. In terms of my solo music, I use a lot of songwriting and pop idioms as well as using structures and sounds from my contemporary percussion experience. For collaborative projects, it looks like getting together with my friends and seeing how our brains can make something interesting, like some kind of experiment.

Your song, "Octopus" is very ethereal. What draws you to this type of instrumental music and what is your inspiration?

I'm very inspired by ambient and synth artists - I listen to a lot of Kaitlyn Aurelia Smith. This kind of music fills me with awe and I find it extremely grounding. I also have always really enjoyed the use of ambient, minimalist and textural

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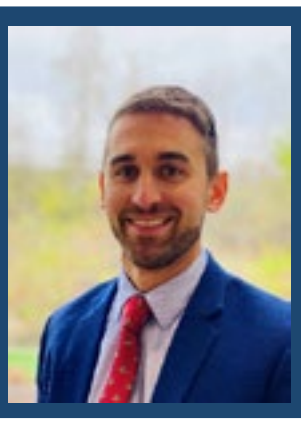

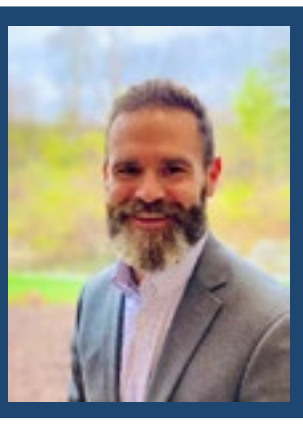

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components in contemporary classical works. I'm inspired by a lot of other things, sometimes at random (nature, philosophy, bubbles, you name it). I love sea creatures, and "The Octopus" was very much inspired by the documentary *My Octopus Teacher* and follows the life cycle of an octopus.

As a kid, what kind of musical training did you have? How does this experience translate into your own teaching?

From a young age, I learned to sing by ear, and my mom taught me the basics of piano when I was around 3 or 4 years old. I was in band from 5th grade through high school, and I had a really inspiring band director who encouraged me to pursue music as a career, so I started taking private percussion lessons when I was a sophomore in high school.

I certainly got my butt kicked when I first started college and realized that many of my peers had much more rigorous training than me prior to college. I've struggled with anxiety for all of my life, and it's been very difficult to maintain a positive relationship with performing. As a result I am really intentional about creating a safe and supported atmosphere when teaching lessons, encouraging my students to have a positive relationship with their own practice. I try my best to use my students' unique interests as a form of motivation. Over time I've realized that it's important to remember why we make art in the first place - which looks different for everyone - so I try to bring that philosophy to my teaching.

You are currently involved in several different performing groups. Tell us about them!

So first of all, I have a duo with my partner Ancel "Fitz" Neeley called VIRID, which also functions in the format of a band. Fitz and I write, record and produce music together, which we perform live in the band format. VIRID's music is percussive, electronic and experimental, but also draws from an alternative, indie and pop vibe. We've been compared to Radiohead by a couple audience members, which is extremely flattering. We don't have any released music yet, but we're working on an album! Additionally, we function as a contemporary duo and focus on combining percussion with electronics and multimedia. We're currently working with our composer / musician friends on some upcoming projects.

I am also a part of FLYDLPHN (pronounced "fly dolphin"), a contemporary mixed chamber ensemble of flute, clarinet, bassoon, bass and two percussionists. It's kind of an eclectic instrumentation, so as well as doing a lot of improvisation and playing open instrumentation works, we put a large emphasis on commissioning young composers and fostering collaboration. We have a super distinct sound that we're really excited about, and a super positive, playful group philosophy around music-making.

Lastly, I have a percussion trio called Brain Pocket. We have a pretty strong focus on collaboration as well. Last spring, we just did a big project with the U of M Composition studio, where we announced a call for scores, worked with student composers and premiered 5 brand new percussion trio works. We did a recording session in the Duderstadt Video Studio, and you can find those videos on YouTube if you'd like to check them out!

Lastly, where can people find out more about you and your music?

You can head to my website, oliviacirisan.com, or look me up on social media! I'm pretty easy to find, as my last name is pretty unique. Instagram is the best way to see the things that I'm up to. YouTube is where a lot of my percussion-centric work exists, but you can find my original music on Spotify, Apple Music, Bandcamp and other main streaming platforms.

https://youtu.be/HhZbjAAxsoc?si=PHLmQYFoOVpG0kc-

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Dharma Talk with Khenpo Chophel • Saturday, October 5, November 2, 16, & December 7, 21 • 12 to 1:00 p.m. • Dharma talks cover a wide range of topics in Buddhism, with opportunity for group discussion. A good way to get acquainted with Karuna Buddhist Center and Khenpo Chophel. Topics will be announced closer to each date and can be found on our website and Facebook page. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Three Yanas Fall Meditation Retreat with Khenpo Tshering Chophel • Friday, October 18 & Saturday, October 19 • 7:00 p.m. Friday to 7:00 p.m. Saturday • Participants will learn about and practice three meditation techniques found in the three yanas or vehicles of Buddhism: Shamatha (calm-abiding), Tonglen (sending and receiving), and visualization meditation. Retreatants can stay overnight at the retreat center or off-site. $75, + additional for Friday night stay and meals if desired. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Ceremonies, Celebrations, and Rituals

Sacred Savings Immersion Event with Michaelene Ruhl • Ongoing • With gratitude, we extend an exclusive offer to harmonize with the vibrant energy around us. Enjoy a 15% discount on all Plant Spirit Medicine packages through December 2024. Secure your savings and reserve your session by paying a deposit by August 31, 2024. Embark on your healing journey today. For more information contact Michaelene at michaelene@constellationhealingarts.com or visit constellationhealingarts.com. Price dependent on packaging.

Sunday Celebration with Interfaith Center for Spiritual Growth • Sunday, September 1 through December 29 • 10:45 a.m. to Noon. • Each Sunday, in person and on Zoom, we explore universal truths from all spiritual paths. Donations gratefully accepted. For more information, visit interfaithspirit.org.

Dances of Universal Peace to Celebrate Winter Solstice with Susan Slack • Friday, December 13 • 7 to 8:30 p.m. • The Dances of Universal Peace is an interactive, moving meditation practice. Certified leaders share simple chants from Earth's sacred traditions that we sing while moving gently to live music. Joyful, contemplative, and community building. All welcome. $10 suggested donation. For more information contact Susan at peaceinacircle@gmail.com or visit DancesofUniversalPeace.org.

Winter Solstice Lighting of the Fire with Sister Esther Kennedy • Sunday, December 22 • 3:30 to 4:30 p.m. • Calling forth the wisdom of the ancestors. On this darkest night of the year, we listen and give voice to ancestral wisdom held lovingly within darkness and flames of fire. We gather in circle, sing and dance with hearts full of gratitude and love. FREE. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Channeling

Remembering Wholeness, Darshan with Barbara Brodsky & the Mother • Sunday, October 27, November 24, December 15 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $40-$120-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron with Barbara Brodsky • Wednesday, October 10, 30, December 11 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $30-$90-all. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Children and Young Adults

Finding Your Mind-Body Rhythm with Robin Lily Goldberg • Monday, December 9 • 6 to 7:30 p.m. • This workshop offers an oasis to adolescents ages 13-18. Through attuning to our thoughts, emotions, sensations, and environments, we'll rediscover our natural rhythms leading to intrinsic sources of support and delight. By embracing these resources, we can release stress, ride the waves of change, and enjoy the journey. $20. For more information contact Robin at robinlily@outlook.com.

Death and Dying

Death Café with Rev. Annie Kopko and Susan Thompson • Tuesdays, October 1, November 5, December 3 • 6:30 to 8:00 p.m. • A discussion group—rather than a grief-support group or counseling session—with no agenda,

objectives, or themes. Meets on ZOOM. FREE, donations gratefully accepted. For more information, visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, October 5, November 11, December 7 • Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Hosted on ZOOM. For more information contact thedyingyear@gmail.com.

Ypsilanti Death Café with Acacia End of Life Services • Saturday, October 12, November 9, December 14 • 11:30 a.m. to 1:30 p.m. • The objective of Death Cafes is to increase awareness of death with a view to helping people make the most of their (finite) lives. It's a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session. FREE, donations welcome. For more information visit bloodrootherbshop.com.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, October 19, November 16, December 21 • 11:00 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month in the Meeting Room! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

The Dying Year End-of-life Doula Training with Merilynne Rush • Friday, October 18, 25, November 1, 8, 15, 22• 1 to 4:30 p.m. • Are you called to help others during dying and death? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. 100-page study guide includes resources and info on how to set up a business. No prior experience necessary. We emphasize cultural humility, understanding our biases, and reducing health disparities. Held on Zoom. $725; scholarships and payment plans are available. For more information email Merilynne at thedyingyear@gmail.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Monday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. $265 includes online study modules. For more information contact Merilynne at (734) 395-9660, or email thedyingyear@gmail.com.

Energy and Healing

Imaginary Friend Revival Individual Playshop with Debra Metler • TBD by Client • Imaginary Friend Revival Individual Playshops can help enhance your imagination and creativity. You will attend four, one hour, one on one, interactive Playshops on Google Meet with Debra Metler MSW, CHC. You will explore the concept of the Imaginary Friend and the role that playfulness can have in your daily life. $185 for four one-hour sessions. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Wild Goose Chi Kung with Master Wasentha Young • Tuesdays, September 10 through December 10 from 6 to 7:00 p.m. AND/OR Thursdays, September 12 through December 12 from 10 to 11:00 a.m. • The Wild Goose Form, is a series of interconnecting movements that embodies the multidimensional interaction of energies. The continuous movement form includes imagery, stretching, touching accupoints; connecting with universe, nature, and earth energies. Classes are in-person. $215. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, October 10, November 7, December 5 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in a new world of unconditional love. Release judgment and fear and discover your true purpose. Available by teleconference call and recorded; supported by skilled world healing ascension workers. $300 for a series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Gentle Qigong with Rory Walsh • Saturdays from September 14 through December 14 • 11 a.m. to Noon • This harmonizing flow of head-to-toe movement, meditation, and self-acupressure helps you to center yourself and navigate the changing seasons. A fun self-care practice for all ages and experience levels. $120. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

A Physician's Journey: Yoga and Meditation to Holistic Medicine: Using the Philosophy of Raja Yoga as a Medical/Health Care Model with Dr. Dennis Chernin • Wednesday, November 13 • 7 to 9:00 p.m. • Dr. Chernin has actively practiced and taught meditation and breathing techniques worldwide

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From Our Archives

Body Wisdom from Our Ancestors—Combining Trauma Informed Movement and Art Therapy

By Kate Roos

Awareness of the universal impacts of trauma on the mind, body, and society—large and small—has been growing over the past few decades. Fortunately, this awareness has promoted understanding of what type of approaches might help support healing as well. Some of these approaches were known by our earliest ancestors, including creating images, movement, dance, music, and singing. Today we call these expressive arts therapies.

As a registered art therapist for over 30 years, the beauty of art therapy to me has always been how available and accessible it is to anyone, regardless of ability or experience. Consciously or not, we are always editing the stories we tell about ourselves to align with our current experience. However, if we have had past traumatic experiences, or we were very young, our stories might be fragmented or beyond words, held as implicit memory, cognitively unavailable to us. Implicit memory may be the source for creating expressive and potentially healing artwork. In my early days as an art therapist, I was repeatedly awed by my clients' abilities to make unexpected connections and discoveries about themselves during the course of our work together, even though the expressive power of art is what drew me to becoming an art therapist in the first place.

I have also been a yoga student for over 25 years, most often practicing Iyengar Yoga at Yoga Focus in Ann Arbor. In the words of Mary Dunn, who was an Ann Arbor native and founded the Iyengar Yoga National Association of the United States, "People have incorrectly pigeonholed Iyengar Yoga into 'alignment, technique, props' rather than 'learning, experiencing, integrating'—which I think are the real words." In these words, I heard a prescription for healing. Learning how to bring our bodies into alignment requires paying attention to where our bodies are in space, muscle tension, and inner felt sensations. Eventually, I would come to understand that implicit memories are held in our bodies and inform our posture and how we feel—or don't feel—our body. Implicit memory might be accessed in movement which dance therapists have always known. To me, this seemed similar to how implicit memory might be expressed in art therapy. Practicing yoga develops neural connections with the cognitive mind and the felt sensations in the body which may attune with our bodies' natural healing abilities. Could this be what is happening with creative expression in art therapy?

My interest in learning and developing further awareness of felt experience to inform inner movement and posture during yoga practice and, more importantly, in my daily life, eventually led me to study Mindfulness Based Stress Reduction training developed by Jon Kabat-Zinn. Again, my attention was brought into my body, and my breathing. During body scan meditations—which in the beginning were my least favorite meditation—I slowly began to discover that by paying attention to places in my body that were tight or painful, while breathing, the tightness or pain would ease. Following these breadcrumbs down my personal path early in the Covid pandemic, eventually led me to learning about trauma sensitive yoga and earning certification as a Trauma Center Trauma Sensitive Yoga (TCTSY) Facilitator.

Our current understanding of trauma is that it is a response of our brains and bodies to an experience or event that is deeply disturbing or distressing, and that it overwhelms a person's ability to cope. Traumatic experiences might contribute to emotional, physical, and cognitive problems. Research has also made us aware that traumatic experiences may be personal and specific, but trauma can also be experienced broadly through cultural and systemic biases, discrimination, and oppression. For some of us, the pandemic has been experienced as traumatic due to loss of loved ones, feelings of vulnerability and helplessness, and a loss of control over our lives.

If we have had past traumatic experiences, or we were very young, our stories might be fragmented or beyond words, held as implicit memory, cognitively unavailable to us.

Choice making, invitational language, and shared authentic experience are several of the core elements of a TCTSY practice. The experience of trauma is disempowering. As a TCTSY Facilitator, I invite people to follow my movements during a practice, but they are also invited to make choices and move in their own way, depending on what they might notice in their own body, maybe a tight neck and shoulders, or shallow breathing. Sometimes people aren't aware of any sensations in their bodies.

I have brought the principles of TCTSY into practicing both movement and art therapy with my clients. I often choose to call this a movement practice, instead of a yoga practice, because I have learned that people assume that there are specific poses in yoga, or they believe they can't do yoga. (Similar to people's beliefs about their ability to make art!) But if someone can sit in a chair and move an arm or foot, it is possible to participate in TCTSY. The challenge of the practice is to feel safe enough to bring awareness to how your body feels.

In my practice, I offer the synergy of movement and art therapy, in a safe place for people who have experienced trauma; where they might feel seen and acknowledged. I offer to accompany clients as they explore and develop their inner awareness through making their own choices—choices about how to move or what art materials they might use to express themselves and develop a sense of embodiment, agency, and empowerment in their lives.

A session might begin with a brief seated movement practice to allow a participant to settle, ground themselves, become aware that they are breathing, and perhaps connect with how they feel in their body. Afterward, the participant is offered options for art making and creative expression. Someone might choose to make something with clay or mixed materials. Or the choice might be to continue a visual exploration of felt sensations through guided drawing. There is also the choice of only a movement practice or only art therapy. Both trauma sensitive yoga and art therapy nod to our ancient ancestors who innately knew that the ability to heal exists within ourselves through moving, telling stories with images and performance, creating rhythm, making music, and dancing in the company of others, both as participant, and as witness, to be seen and acknowledged in the moment of embodiment and experience. This is offered by all the expressive arts therapies. For my practice, I chose the synergistic potential of art *and* movement, to open a safe space for people who have experienced trauma, when words aren't enough.

Kate Roos has a Trauma Sensitive Movement and Art Therapy practice in Ann Arbor, where she sees teens and adults individually and in groups. She also provides educational and experiential workshops for mental health, medical, and body work practitioners, and also social service, education, and non-profit organizations. She may be contacted at Kate-roos.com or kate@kate-roos.com.

for over forty years based upon the ancient teachings of Tantra, Vedanta, and Samkhya philosophies. He is a certified yoga teacher and the author of several books, the most recent being *A Physician's Journey: Yoga and Meditation to Holistic Medicine*. He also wrote *How to Meditate Using Chakras, Mantras, and Breath* (with audio CD of guided meditation) and *The Complete Homeopathic Resource for Common Illnesses*. Hosted in the Crazy Wisdom Celestial room. For more information contact Bill at billz@crazywisdom.net.

Energy Medicine & Nervous System Balancing with Mary Light • Thursday, December 5 & Friday, December 6 • 9:30 a.m. to 4:00 p.m. • Approaches such as Polarity Therapy, Cranial Sacral Balancing, Chiropractic, Marma, and Reflexology have evolved within the bodywork professional for at least 6 decades. This is a hands-on workshop to experience and explore several sessions and their outcomes and benefits. 16 CE. $250. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with the Enlightened Soul Center • Saturday & Sunday, October 5, 6 & 19, 20, November 2, 3 & 16, 17, Dec 7, 8 &21, 22 • Saturday Noon to 6:00 p.m., & Sunday Noon to 5:00 p.m.• Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof: intuitive tarot & oracle card readings, psychic readings, mediums, and spirit art drawings. Prices of readings vary based on type and practitioner. Cost of admission: Saturday $5, Sunday $3. For more information contact Amy Garber, (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Appleumpkin Festival & Kapnicks Apple Festival • Saturday, October 11 from 10:00 a.m. to 6:00 p.m. & Sunday, October 12 from 10:00 a.m. to 5:00 pm • Antiques, art, and flea market, entertainment, food trucks, and crafts galore. Children's area, carnival rides and more! Shuttle buses available between venues. FREE. For more information visit downtowntehcumseh.com.

Film

Film & Discussion with Jewel Heart Instructors • Friday, October 11, December 13 • 7 to 9:15 p.m. • September 13: The Life and Times of Allen Ginsberg. 2013. The story of Allen Ginsburg, one of America's greatest poets and a leader of the Beat Generation. October 11: Hector and the Search for Happiness. 2014. After disillusioned psychiatrist Hector confesses to his girlfriend that he feels like a fraud, he embarks on an international quest to find the right formula to bring him joy and increase his vitality. December 13: The Civilization of Maxwell Bright. 2005. After a series of bad relationships, a man orders a mail-order bride and receives more than he bargained for. FREE. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing

Healing through Connecting Constellations Workshop with Michaelene Ruhl • Saturday, October 19, November 16, December 14 • 1 to 6:00 p.m. • In our journey through life, we are intricately connected to everything. Healing through Connecting Constellations (HCC) helps re-establish those connections. Held in a sacred, compassionate space, each HCC experience offers profound healing. It provides a meaningful avenue for reconnection to love, life, and Self. $185 or $165 14 days before. For more information contact Michaelene at michaelene@constellationhealingarts.com or visit constellationhealingarts.com.

From Inflammation to Cardiovascular Disease – Can We Break the Cycle? with Dr. Randy Lieberman • Sunday, November 3 • 5:00 p.m. • As many of us struggle with a condition which any offered medical solution is not resolving it, you're invited to join us for an eye-opening talk, about understanding cardiovascular diseases and your roll in prevention and healing what you are struggling with, working with your doctor. For more information call: (248) 982-1203 or visit https://trad-em.com/from-inflammation-to-cardiovascular-disease-can-we-break-the-cycle.

Herbal Medicine

Herbal Medicine Class & Certification Series with Mary Light • Saturday, October 19, 26, November 2, 16, December 21 • 9:30 a.m. to 2:30 p.m. • Lively and informative herbal medicine workshop covering topics such as winter medicine making, immune system approaches, apothecary inventory, herbal actions, September field ID skills and more. This is an ongoing class welcoming fall enrollees for the dates listed! $800 for the certification series. $150 for individual classes. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Resources for Conscious Living

K9
T
Learn How to Have More Fun with Your Dog!
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Deep Tissue Massage LMT
Continuing Lynda Diane Feldt's work Mama babies and all!
Referred by University of Michigan Doctors
For Free Consultations and Bookings call or text
734.707.3706
Bethsbodywork.com

One of Ann Arbor's modern-era renaissance women, Lisa Gottlieb has been a leader in the community for decades. The co-founder and Operations Director for Selma Café, she's been at the forefront of Ann Arbor's organic food and farm-to-table culture, and in more recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor. She works with individuals, couples, and families through the lens of Nonviolent Communication to improve connection, reduce conflict, and make it easier to understand each other. She is currently writing a book called *Musings from a Snarky Empath: Life through the Lens of Nonviolent Communication*.

Join Lisa Gottlieb and moderator Bill Zirinsky in the Celestial Lounge on Thursday, October 10 from 7 to 9:00 p.m. See the calendar listing under the heading "Salons" on page 30 for more information.

Give your nature lover the perfect gift.

Art prints, cards, journals, stickers, and kids books from local artist, Jennifer Carson.

FurandFeatherFriends.com

The Crazy Wisdom Calendar

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, October 6, November 3, December 1 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. See website for phone and payment information. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, October 1, November 5, December 3 • 7 to 8:00 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

October Intensive with John Friedlander: Webinar & Teleconference with John Friedlander • Saturday, October 12 & Sunday October 13, 10 a.m. to Noon and 2 to 4:00 p.m., Monday, October 14 through Friday, October 18, 7 to 9:00 p.m., Saturday, October 19 & Sunday October 20, 10:00 a.m. to Noon, and 2 to 4:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented in previous intensives. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Massage

Lymphatic Massage Training for 20.5 Certification with Rachel Perry Gilbertson • Saturday, November 9 & Sunday, November 10 • 8:00 a.m. to 5:00 p.m. • Requires the online 4.5 pre-study. Includes Myofascial Lymphatic Drainage - (Level 1) and the introduction to Myofascial Lymphatic Drainage home study. $530. For more information contact Rachel at (608) 290-4828 or visit pumplymph.com.

Meditation

Weekly Silent Meditation with Celeste Zygmont • Ongoing Sundays from 11:00 a.m. to Noon & Tuesdays from 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation. Donation-based. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • October 6, 13, 20, 27, November 3, December 1, 8, 15, 22, 29 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Barbara Brodsky, the founding and guiding teacher of Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, and her son, **Davy Rothbart**, a bestselling author and Emmy Award-winning filmmaker, will explore the topics of Presence, Kindness, and Freedom—topics central to both of their work, and also the name of Brodsky's foundational work— on Wednesday October 23 from 7 to 9:00 p.m.

Brodsky is also the medium for the entity Aaron, and the author of many books. Rothbart is a frequent presence on NPR's *This American Life*, creator of *FOUND* Magazine, and a current Knight-Wallace Fellow at the University of Michigan.

For more information, see the calendar listing under the heading "Salons" on page 34.

The Crazy Wisdom Calendar

Community Sound Bath with Rob Meyer-Kukan • Friday, October 4, December 6 & Sunday, October 6 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, October 7, 14, 21, 28, November 4, 25, December 2, 9, 16. • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Mindfulness-Based Stress Reduction (MBSR) Eight-Week Series with Brenda Lindsay • Wednesday, October 2, 9, 16, 23, 30, & November 6 • 6:30 to 9:00 p.m., all day October 20 from 9:00 a.m. to 4:00 p.m. • If you want to reduce stress, anxiety, or depression, and possibly change habitual reactivity patterns, this may be the series for you. Connect in real-time with others who are seeking greater balance, ease, and peace of mind. Eight-Week Series Fees: $220.00, $325.00, or $430.00 suggested sliding scale, "pay what you can" pricing. For more information contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Wednesday, November 13 • 10:00 to 11:00 a.m • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, our large collection of gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Heart to Heart
Shamanic Healing
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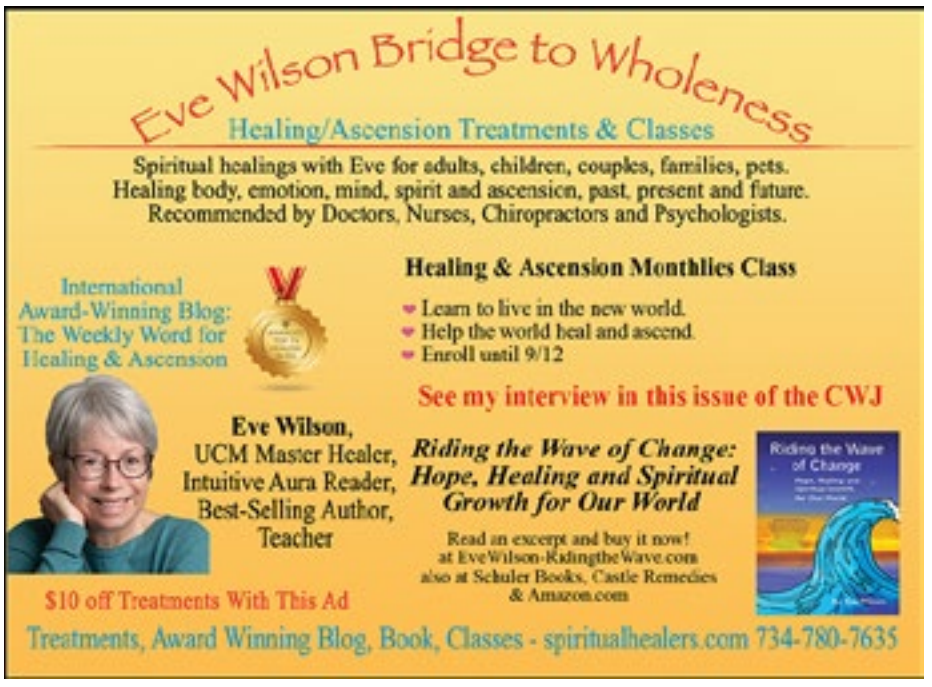
*Support for life changes, loss & grief
*Support for healing trauma & PTSD
*Classes in shamanic practice & animal communication
*Ceremony for clearing, healing, bonding


Eve Wilson Bridge to Wholeness
Healing/Ascension Treatments & Classes
Spiritual healings with Eve for adults, children, couples, families, pets.
Healing body, emotion, mind, spirit and ascension, past, present and future.
Recommended by Doctors, Nurses, Chiropractors and Psychologists.
International Award-Winning Blog: The Weekly Word for Healing & Ascension
Healing & Ascension Monthlies Class
Learn to live in the new world.
Help the world heal and ascend.
Enroll until 9/12
See my interview in this issue of the CWJ
Eve Wilson, UCM Master Healer, Intuitive Aura Reader, Best-Selling Author, Teacher
Riding the Wave of Change: Hope, Healing and Spiritual Growth for Our World
Read an excerpt and buy it now! at EveWilson-RidingtheWave.com also at Schuler Books, Castle Remedies & Amazon.com
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robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Introduction to Mindful Self-Compassion Online with Paulette Grotrian • Thursday, October 3, & 10 • Noon to 1:00 p.m. • Learn to be kind to yourself by cultivating healthy ways to manage difficult emotions, reduce stress and anxiety, and strengthen your own inner goodness. This series, based on the work of renowned Kristin Neff and Christopher Germer, is about building emotional resources to deal with life's difficulties during these uncertain times. $125. For more information contact Paulette at (734) 276-7707, email mindfulnesswithpaulette@gmail.com, or visit mindfulnesswithpaulette.weebly.com.

The Bodhichitta Course with Robert Jacobs • Thursday, October 24, November 21, & December 19 • Bodhichitta—the desire to awaken for the good of all beings—is described in Tibetan Buddhism as the foundation for the spiritual path. Our course will be a discussion group in which we will all participate in sharing what it is that motivates us in pursuing our spiritual path. Suggested donation: $80-$240. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Sound Bath Meditation with Rob Meyer Kukan and Breathe Yoga • Friday, November 8, or Tuesday, December 31 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Fridays $28, Tuesday $35. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone, & Spirit Friends • Saturday, November 2, & December 7 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. Consider how we as humans can learn to understand and collaborate with others to bring the gifts of the human to this inter-cosmos collective, embracing the diversity and complexity of form. Suggested donation: single-$30-$110; all three workshops $90-$330. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Day of Mindfulness: Coming to our Senses with Sister Esther Kennedy • Saturday, October 5 • 10:00 a.m. to 2:30 p.m. • Where the adventure of life is taking us moment by moment is unknown. The challenge, says Jon Kabat-Zinn, is coming to our senses, both individually and as a species. A first step in this adventure is the cultivation of a particular kind of awareness known as mindfulness; refined through the practice of mindfulness meditation. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Sound Bath Experience with Becca Hacket • Friday, November 15 • 6:30 to 7:30 p.m. • Becca starts with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. She uses sound and her voice to help you wind down, get cleared, and energized. It is an amazing gift to yourself. This is a time for you to release stress and relax. $30. For more information contact the Mix Studios at (734) 845-9105, email hello@the-mix-studios.com, or visit the-mix-studios.com.

Meditation Technology with Amy Hertz and Figen Lacin • Wednesday, Oct 9, 16, 23, 30 • 7 to 8:30 p.m. • Visualization uses analysis to create an image. It then utilizes concentrated meditation to firmly hold the image stable. By developing visualization techniques in meditation, the symbolism of the imagery takes root in the cognitive and emotional parts of the mind, resonates deeply, and connects with virtuous mental aspects. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Thursday, October 17 & December 12 • 1 to 2:00 p.m. • Are you just plain busy? This hour-long sound bath is for you! Join sound therapist Rob Meyer-Kukan at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. $30, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Yoga + Sound with Rob Meyer-Kukan & Paul Barr • Saturday, October 19 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on deep relaxation and release. Rob will support with gentle sounds of singing bowls, gongs, and more. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 25 • 6 to 7:00 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan for a candlelight labyrinth walk. Suggested donation $10/person. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Cacao + Sound with Rob Meyer-Kukan • Friday, November 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for a special First Friday Community Sound Bath incorporating Cacao + Sound themed around remembering our ancestors! Rob will create an experience that will immerse you in peace and tranquility. Each participant will be supplied with a yoga mat and blanket. Please bring any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Lost in Thought with Sister Esther Kennedy • Saturday, November 2 • 10:00 a.m. to 2:30 p.m. • Have you noticed how your thinking mind draws you in and drags you along from thought to thought, weaving stories conditioned by the past? How easy it is for us to get trapped in our mind-made conceptual prisons. Underneath all the fluctuating thoughts and emotions, there is within each of us a dimension of consciousness far deeper than thought. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org

Sound Bath with Rob Meyer-Kukan • Sunday, November 10 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in downtown Plymouth. Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Please bring a yoga mat and blanket and any additional supports desired. $40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Acupuncture + Sound with Rob Meyer-Kukan & Lauren Hoffman • Sunday, November 17 • 3 to 4:30 p.m. • Rob from 7 Notes Natural Health will be joined by Lauren Hoffman from Whole-Self Wellness, LLC to share an afternoon of resonance and release. Relax into the tones of singing bowls, gongs, chimes, and more while receiving acupuncture. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. $50, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness: Cultivating Warmth of Heart with Sister Esther Kennedy • Saturday, December 7 • 10:00 a.m. to 2:30 p.m. • We can begin by choosing to be present. In silent moments we grow the courage to hear, with the heart-mind, the voice inside us connecting us to all beings and the whole web of life. We humans are at a crossroads and profoundly need one another as we cultivate hearts that are tender, discerning, compassionate, and deeply loving. $35, registration required. For more information contact the Weber Center (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Longest Night Celebration with Rob Meyer-Kukan • Saturday, December 21 • 7 to 9:00 p.m. • This event will help us to celebrate the never-ending light within each of us. Seasonal imagery, healing sound (singing bowls, gongs, etc.), releasing ceremony, labyrinth walk, drumming, and more will create a unique and uplifting experience. Yoga mats and yoga blankets will be provided. Please bring any additional supports desired. Sliding Scale $25-40, advanced registration required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Multicultural Events

Poverty's Intersectionality with Maureen Taylor • Thursday, November 19 • Time TBD • We have asked Professor Maureen Taylor to share with us how poverty impacts the communities we have been focusing on throughout the year, specifically; women, those with disabilities, and people of color. The hope is to educate about poverty's deep attraction to many marginalized communities and the impact it has on them. FREE. For more information contact Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Music, Sound, and Voice

Cafe 704 with Interfaith Center for Spiritual Growth • Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. PATH (Sep. 14), Nutshell (Oct. 12), Paul Vornhagen & Aron Kaufman (Nov. 9), and Dorkestra (Dec. 14) $10. For more information visit interfaithspirit.org.

Sound Healing and Self Care with Jaime Lawrence & Kimberly Joy Rieli • Sunday, September 8 & November 3 • 3 to 5:00 p.m. An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. They'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. Sliding scale suggested: $55, $44, or $33. Located at the Infinite Light Center, 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com, AND/OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Resources for Conscious Living

Michelle Samuel, LLP, ACSW
Certified Sex Therapist, Hypnotherapist
Psychotherapist
(734) 926-9169
Ann Arbor 48103
mchll.samuel@gmail.com
https://www.effectivepsychotherapy.net

Healing Hands
Physical Therapy
58 Parkland Plaza, Ste. 100
Ann Arbor, MI 48103
734-222-8515
www.PhysicalTherapyAnnArbor.com

Nia Spongberg, ACC, CPC
LIFE COACH
mightyoakscoaching.com
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Artisan Sun Dried Cacao
Hand Harvested, Grown with Love on a Costa Rican Family Farm
Ceremonial Cacao
Cacao Ceremonies+Sacred Spaces
Ease Your Mind and Elevate Your Life One Cup of Cacao at a Time
"Unlock the Ancient Wisdom Within"
Use the code WISDOM for 10% OFF www.ieKAWA.com

Community Sing with Matt Watroba • Wednesday, September 11, October 9, November 13, December 11 • 7 to 8:15 p.m. • Matt leads a folk-music singalong with singers of all abilities. No experience necessary. May include other genres. Donations in any amount are appreciated. For more information visit interfaithspirit.org or mattwatroba.net.

Uncork a Cure for ALS with Active Against ALS • Thursday, October 10 • 6 to 9:0 p.m. • Please join us for our 2nd Annual Uncork a Cure for ALS. Enjoy an evening of food, drink, and entertainment while participating in our Online Auction. Last year, we had almost 200 attendees at this event and raised more than $25,000 for ALS research. We look forward to seeing you there this year! $100 until September 25. After September 25 and at the door, admission is $120. Formore information visit https://givebutter.com/c/dWHTgL or email Anne Gilbert at Anne@ @AnneGilbert.com.

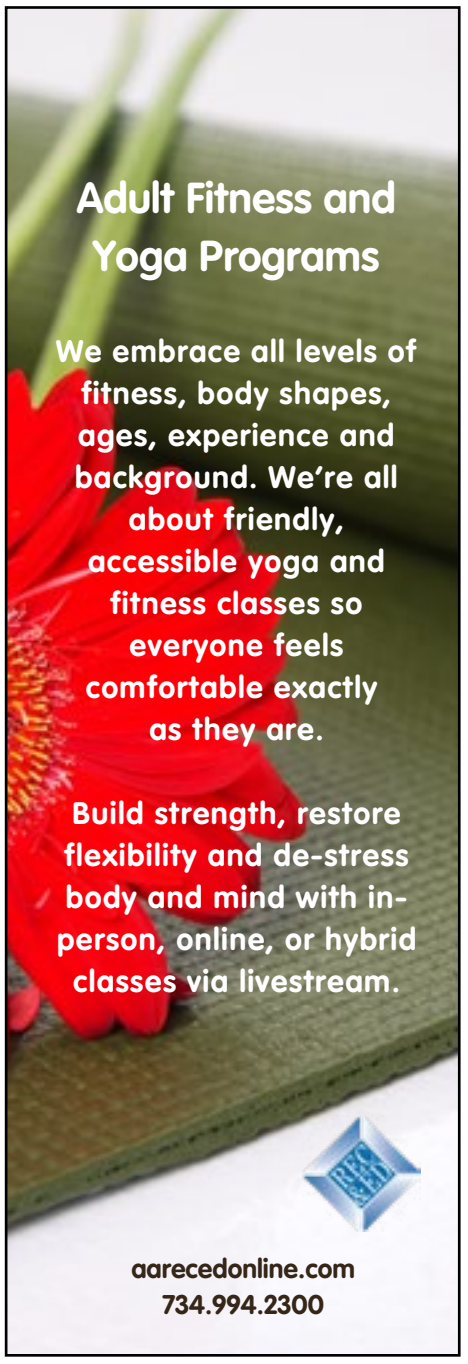
Candlelight Meditation Concert of Sacred Songs & Healing Chants with Norma Gentile • Sunday, December 15 • 4 to 5:30 p.m. • Sacred Songs and medieval Healing Chants sung in full candlelight. Norma creates a colorful harmonic tapestry with singing bowls and audience toning, upon which she sings chants composed nearly a thousand years ago by the seer and saint, Hildegard of Bingen. Suggested donation of $20. For more information contact the Interfaith Center for Spiritual Growth (734) 327-0270 or visit HealingChants.com.

Naturopathy

Natural Medicine Certification Series with Mary Light • Thursday, October 19 & 26 • 11 to 11:30 a.m. • Presentation to launch our Natural Medicine Certification Series which will begin in January 2025, to give information to prospective participants. FREE. For more information contact Mary at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Nutrition and Food Medicine

Farm to Table Community Dinner Series with Washtenaw Meats & Jolly Pumpkin Artisan Ales + Kitchen • Tuesday, October 29, November 26 • 6:30 to 8:30 p.m. • Join us the last Tuesday of the month for an evening of good food, great company, and a celebration of the farm-to-table ethos, where each dish tells a story of local agriculture, sustainability, and culinary passion. Menu is developed based on seasonality and availability. Children free with paying adult. $35. For more information contact Sarah Schloss at (413) 548-4444, email eat@washtenawmeats.com, or visit washtenawmeats.com.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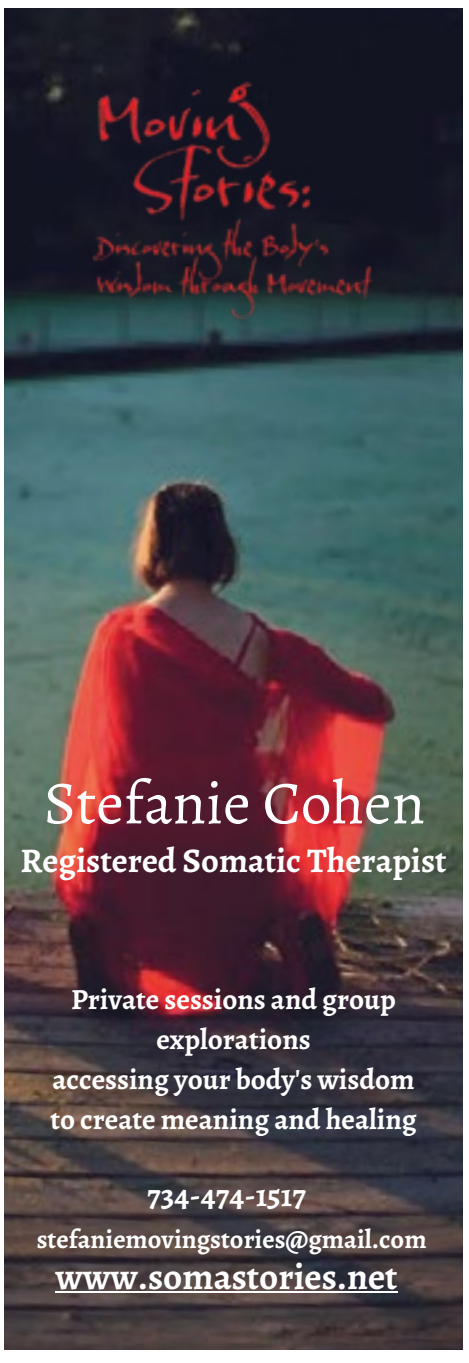

Pagan Spirituality

Witches Night Out with Moira Payne • Wednesday, October 2, November 6, December 4 • 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is back at Crazy Wisdom. Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

Parenting

Clearing the Way for the Power of Listening to Work its Magic for Parents with Leeann Fu • Sunday, November 17 • 7 to 8:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear"? Explore how Teddy Bear Talk provides structure for keeping the teddy bear's own concerns or agenda out of the picture and leaves plenty of room for the talker. Suggested donation: $1-10. For more information contact Leeann at (734)237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Personal Growth

Self-Care Masterclass with Christy DeBurton • Self-Paced • In this compact but powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn simple and effective tips and tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well, and live better in your body. $19. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Relationship First Aid: Chaos to Peace, Journey to Self-Love with Ma'at Seba • Saturday, October 19, & 26 • 1 to 3:00 p.m. • We will delve into a process of self-discovery of the spirit, mind and body using the spiritual tools of spiritual laws, self-analysis, astrology, numerology, reincarnation, auras, chakras, holistic health, nutrition, and more; seeing how they all contribute to the main purpose of your journey on Earth, and that is to "Know Thyself". $55 per session. For more information contact Ma'at at relationshipfirstaid@yahoo.com or visit relationshipfirstaid.com.

The Crazy Wisdom Calendar

Everything's Working Out Perfectly with Karen Greenberg • Sunday, October 13, 20, 27, November 10, 17, 24, December 8,15 • 1 to 2:00 p.m. • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin, devolving into you becoming disorganized, inefficient, and unproductive? Then Everything's Working Out Perfectly is perfectly suited for you! Please come and join us! Class format with Karen—$55 Private with Karen—contact for fee. To study on your own, please purchase manual for $10. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

No Judgment Zone with Llama Nancy Burks • Saturdays, October 12, November 9, December 14 • Noon to 1:00 p.m. • Discussion and sharing group focused on increasing understanding of how our own habits of judging ourselves and others limit our growth. The facilitator will bring a specific topic to each meeting, then participants can share as much as they wish in a supportive environment. FREE. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Peace

Inner Peace Retreat with Song of the Morning Community & Staff • Saturday through Sunday, October 11, 12, & 13 AND/OR December 13, 14, & 15 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Inner Peace Retreat with Naren K. Schreiner • Saturday through Sunday, November 8, 9, & 10 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

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Reiki

First Degree, Usui System of Reiki Healing with Suzy Wienckowski • Saturday, October 5 from 10:00 a.m. to 5:00 p.m. & Sunday, October 6 from 10:00 a.m. to 1:00 p.m.• Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. For more information contact Suzy at (734) 476-7958, or email suzyreiki@aol.com.

Usui/Holy Fire Reiki I and II Certification with Paula A Burke • Sunday, November 3 • 9:00 a.m. to 6:00 p.m. • With this course, you will receive guidance on Reiki hand placements and the traditional Japanese Reiki methods introduced by Dr. Mikao Usui. Learning Reiki allows you to be aware of the energies around you and direct that energy to heal yourself and others. Come join the journey of delving into the reiki world and receive the positive benefits. Reiki I is $175, Reiki II is $175; schedule both sessions for $325. For more information contact Paula (517) 936-9064, or email diffusingpeace@yahoo.com.

Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • Saturday, November 9 from 10:00 a.m. to 5:00 p.m. & Sunday, November 10 from 10:00 a.m. to 1:00 p.m.• Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. For more information contact Suzy at (734) 476-7958, or email suzyreiki@aol.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a mini or personal retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Open Mindfulness Meditation Day-Long Retreat with Libby Robinson, Nicole LaBrie, Linda Kessler, Marta Dabis, Barb Branca, Ellen Kaufman, & Jennifer Ratliff-Moss • Saturday, September 7 • 10:00 a.m. to 4:00 p.m. • An in-person mindfulness meditation retreat at Triple Crane Retreat Center, Chelsea, with guided meditations, alternating seated and movement. Silent except at beginning and end of retreat. Chairs and cushions available. Includes vegetarian lunch. Registration required. We request donations of $25 to cover the cost of lunch and the center, but they are not required. For more information email openmindfulnessmeditation@gmail.com.

Doorways to Inspiration and Well-Being with Bruce and Carol Malnor • Friday through Sunday, October 4, 5, & 6 • Allow yourself to let go and relax into nature's beauty in this weekend retreat aimed to help you regain your own sense of balance and well-being. Throughout the weekend you'll experience fun and easy ways to increase your awareness in nature, and then take that awareness deep within through silent walks, reflection, and meditation. $108, plus lodging. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Remembering our Awakened Essence: Silent Retreat with Barbara Brodsky, Aaron, & John Orr • Monday October 14 through Friday, October 18 • A mix of vipassana and pure awareness practices and the meditations that support the open heart. Sitting and walking meditation, chanting, instruction for all levels of experience and daily dharma talks. Weather permitting, some meditation and instruction will be held on the lake shore. $610-double room; $680-single room. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

The Art of Caring for Self with Anat Shlagman and Ariana Buksdorf • Sunday, October 20 • 10:00 a.m. • As it seems that the world lost its axis, it is imperial for each one of us to be mindful not to lose our own. This whole day retreat combines laughter yoga with castor packs & forgiveness meditation with spinal flow assessments and with yoga Nidra. Soup and salads lunch will be provided, along with teas and fruits/snacks throughout the day. For more information contact trad.em.heal@gmail.com or visit trad-em.com/the-art-of-caring-for-self.

Day of Mindfulness with Emily Adama • Saturday, October 19 AND/OR November 16 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be

FROM OUR ARCHIVES

IN PURSUIT OF THE MORE PERFECT APPLE

at Amrita Farms

By Carin Michaels

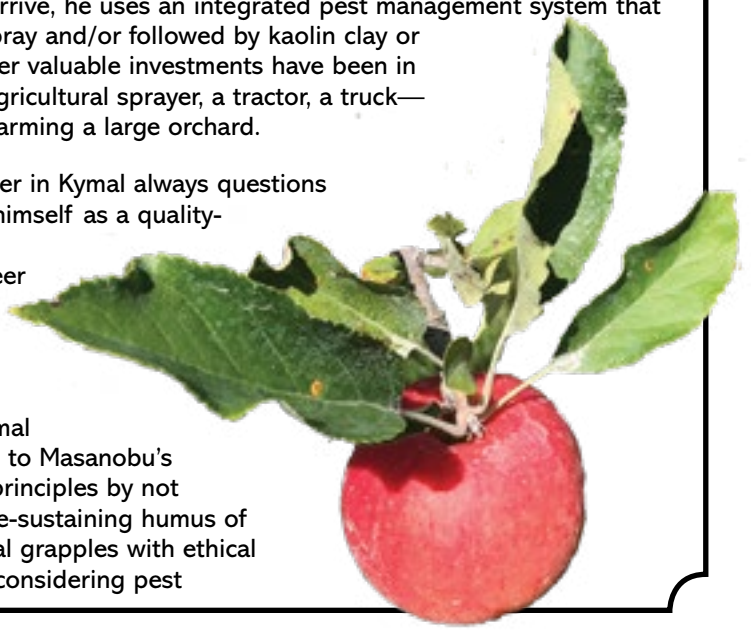
Chad Kymal starts his day by walking through his organic apple orchard at 5 a.m. to inspect for any issues with his crop. He did not start Amrita Farms orchard ten years ago with such acumen. When asked to describe his experience, he stammers, looking tired and quotes his recent Google search that stated it's unsustainable. He truly cares about organic farming's environmental practices which foster nature's biodiversity in order to preserve natural resources. Kymal's advantage as a full-time farmer is that he has a second day job. As president and founder of Omnex, he provides management solutions for different computing and operation standards and methods; also, he represents the United States for the International Organization for Standardization (ISO). Unbeknownst to him, his resume enabled him to become an organic farmer in pursuit of the more perfect apple, and with a keen eye for process improvements, he had the grit to grapple with complicated problems on the farm.

UNBEKNOWNST TO HIM, KYMAL'S RESUME ENABLED HIM TO BECOME AN ORGANIC FARMER IN PURSUIT OF THE MORE PERFECT APPLE, AND WITH A KEEN EYE FOR PROCESS IMPROVEMENTS, HE HAD THE GRIT TO GRAPPLE WITH COMPLICATED PROBLEMS ON THE FARM.

Amrita Farms is the only organic apple orchard within over a 50-mile radius for U-Pick apples. The farm was started 27 years ago on a 54-acre parcel in order to combine sustainable farming and education in pursuit of an eco-friendly lifestyle. The owner's first initiative was to help mother nature by planting several hundred evergreens. The farm struggled since its start to find its identity, milling through multiple products with a revenue stream not taking root because of the clay soil. Kymal, known in business circles as a serial entrepreneur, refused to accept failure. During the Covid outbreak when he became landlocked and unable to travel to his 12 offices worldwide, he dedicated himself to the orchard.

The orchard sits on five acres with 10 apple varieties. He started with 1200 trees but 950 survived given the initial harsh winters. As with any farm, the main challenges are climate, soil erosion, nutrient management, technology, and consumer expectations, but with truly an endless list, Kymal was able to conquer the aforementioned by hard study and investment. As a gentleman, Kymal attributes his success to others, particularly his mentors and volunteers. Amrita Farms is one-hundred percent volunteer-led with one hundred percent of the revenue going to charity. But he quickly retracts the latter tagline because he believes his product can stand on its own laurels; it is that good.

Kymal was born in India but moved to Kalamazoo, Michigan with his parents during high school. Community service was part of his spiritual upbringing. He always asks himself how he can offer a hand to his fellow human being. He attributes his business success to this charitableness, as he believes the adage, whoever is kind to those in need will be rewarded for what they have done. Locally, Kymal cites support from fruit tree expert William Shane of MSU's Southwest Michigan Research and Extension Center. Internationally, he ascribes his soil solution to the famous Dr. Elaine Ingham, a soil microbiologist and researcher whose work uses a soil-food-web approach that emphasizes soil regeneration. Kymal has his soil and trees tested twice a year to ensure they are not nutritionally depleted. He uses Dr. Ingham's recipe for wood chip permaculture and aerated tea compost (a compost brewed with water and other natural products like seaweed, liquid kelp, neem, and humic acid) to ensure his trees and soil are healthy. He also namedrops another famous Japanese farmer, Fukuoka Masanobu, who propagated the "no-till" philosophy since plowing leads to soil erosion and the loss of microbial life. The tenets from such sages advanced Kymal's farming acuity. When the weather gets cold, Kymal blankets his trees. When the bugs arrive, he uses an integrated pest management system that involves neem spray and/or followed by kaolin clay or nettle slurry. Other valuable investments have been in technology: an agricultural sprayer, a tractor, a truck—basic needs for farming a large orchard.



The organic farmer in Kymal always questions another part of himself as a quality-environmental standards engineer because what is good for the apple may not be ideal for the environment. Kymal wishes to adhere to Masanobu's natural farming principles by not disrupting the life-sustaining humus of our land so Kymal grapples with ethical questions when considering pest

management. There is never an ideal solution when hanging traps for plum curculio (a beetle that can cause irreparable damage to his fruit harvest) or the codling moth that inhibits fruit growth and must be eliminated with an organic spray. Such mental gymnastics are just part of Kymal's day. This year he will help write a zero-carbon footprint manual for multi-national companies to follow. It makes sense that his energies have come full-circle back into the soil.

As a businessman, Kymal is acutely aware of consumer expectations. He never forgot when Masanobu stated in a video, that if he had to sow his farm over again, he would plant dwarf trees. It's so much easier to pick fruit from a shorter tree. Amrita Farms wanted to attract families who were interested in giving their children the apple picking experience that honors their mission of eco-friendly lifestyles. He attributes the farm's success to moms who go out of their way to bring their children to the farm—notably because they can reach up and grab an organic apple all by themselves.

Amrita Farms has 10 different cutting-edge apple varieties that intrigue the taste buds: Twin Bee Gala, Gale Gala, Early Fuji Earligold, Autumn Crisp, Wine Crisp, Pink Lady, Snow Sweet, Liberty, Enterprise, and Zestar. The farm began making cider last year and each batch sold-out with a waiting list for the following week's production. Kymal's slogan for his cider appropriately speaks to "a delicious life-changing experience." He is correct in focusing on the quality of the product instead of it as a means-to-an-end, even if the end is one that benefits charities.

Shana Weddington, manager of Argicole Farm Stop, speaks of Amrita Farms's "commitment to growing food naturally without the use of pesticides, [and] their apples are an unassuming premium product—incredible flavor and texture, but not the perfect grocery store version that most folks are used to seeing. They have spots and marks that sprayed apples do not. We were prepared to educate and encourage people to try them and more times than not, people were blown away and back for more!" Organic food consumers at times need to be reminded of the trade-offs from not being exposed to toxic and persistent chemicals on farms.

When visiting the Amrita U-Pick Farm, guests are privy to educational tours and various locally-made organic products for sale in their barn. In conjunction with their apples and cider, there is a group of volunteers that manage the farm's honeybee apiary which produced over 108 pounds of organic honey in 2021 and 92 pounds in 2022.

IT WOULD BE REMISS IF KYMAL'S SPOUSE, AJITHA, WAS OVERLOOKED AS THE POINT-PERSON FOR ON-SITE COMMUNICATIONS AND HOSPITABLE CHAI DURING A WORK BREAK. SHE HELPS CARRY THE BURDEN AND IS BAKER EXTRAORDINAIRE, SPECIFICALLY FOR HER SUGARLESS APPLE CRISP.

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The Crazy Wisdom Calendar

supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. $45-$110. For more information visit earthwellretreat.com.

Fall Yoga + Self-Care Weekend Retreat with Christy DeBurton • Friday, October 18, Saturday, October 19, & Sunday, October 20 • All-Day • Savor a peaceful weekend of self-care in the countryside of Big Rapids, MI: yoga, nature, farm-to-table meals, lovely company and time to 'unplug' from the outside world. See website for details. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

ReVillaging for Modern Mothers with Miriam Dowd-Eller & Emily Adama • Saturday, November 9 • 9:30 a.m. to 5:30 p.m. • Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," finding or building the support and connections you dream of. $70-$150. For more information visit earthwellretreat.com.

Advent Blessings, Full of Grace with Miriam Brown • Sunday, December 1 at 6:30 p.m. to Thursday, December 5 at 11:00 a.m. • Advent begins with "Hail, you are full of grace." We move to embrace the truth and call that our souls, personally and collectively magnify the Lord. Let us rejoice in this spaciousness and give our "Yes" to the fullness of life with its joys, pain, complexities, spirit, and hope. May we radiate the blessing of divine life within us. Commuter $180; Double $325; Single $425 registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Day of Renewal for Helping Professionals with Ariana Wakeman & Emily Adama • Monday, December 7 • 9:30 a.m. to 5:00 p.m. • Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness, nature connection practices, and receive a professional massage. Afterwards, enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. $160-$280. For more information visit earthwellretreat.com.

Salons

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Lisa Gottlieb, MSW, SSW—in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, October 10 • 7 to 9:00 p.m. • What's on your mind these days, Lisa Gottlieb, what's in your heart, what have you relished, what's been really hard, what matters? One of Ann Arbor's modern-era renaissance women, Lisa has been a leader in the community for decades. The co-founder and Operations Director for Selma Café, she's been at the forefront of Ann Arbor's organic food and farm-to-table culture, and in more recent years, been deeply involved in Nonviolent Communication as a certified trainer and as the Founder and Director of Compassionate Communication of Ann Arbor. She works with individuals, couples, and families through the lens of Nonviolent Communication to improve connection, reduce conflict and make it easier to understand each other. She is currently writing a book called *Musings from a Snarky Empath: Life through the Lens of Nonviolent Communication*. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

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Crazy Wisdom Salon Series—Sages of Ann Arbor • Presence, Kindness and Freedom—An Evening with Barbara Brodsky & Davy Rothbart • Wednesday, October 23 • 7 to 9:00 p.m. • Barbara Brodsky, the founding and guiding teacher of Ann Arbor's Deep Spring Center for Meditation and Spiritual Inquiry, and her son, Davy Rothbart, a bestselling author and Emmy Award-winning filmmaker, explore the topics of Presence, Kindness and Freedom – topics central to both of their work and the name of Brodsky's foundational work. Brodsky is also the medium for the entity Aaron, and the author of many books. Rothbart is a frequent presence on NPR's *This American Life*, creator of *FOUND* Magazine, and a current Knight-Wallace Fellow at the University of Michigan. The evening will include a brief reading from each of them, followed by a spirited discussion. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Dr, Jay Sandweiss in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Thursday, November 21 • 7 to 9:00 p.m. • What's on your mind these days, Jay Sandweiss, what's in your heart, what have you relished, what's been really hard, what matters? Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Functional Medicine and Chinese Medicine. He's been teaching nationally and internationally for decades. FREE. For more information, contact Susan at eventsandbookings@crazywisdom.net or Bill at billz@crazywisdom.net

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, October 3 & 17, November 7 & 21, December 5 & 19 • 7 to 8:30 p.m. • If you know how to do shamanic journeying, please join us to explore the cycles of life through direct revelation by journeying to your spirit guides. Access your inner wisdom and be supported through circle participants. $25 per session or $40 per month. For more information contact Judy at info@judyramsey.net.

Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Thursday, October 24, November 21, & December 19 • 6:30 to 9:30 p.m. • Learn how to incorporate Shamanic Journeying into your spiritual practices; a path of direct revelation that will support you in receiving clear guidance, healing, and transmissions from the realms of light. We will raise our frequency to partner with spiritual guides, teachers, master healers, and our higher selves. Suggested donation: $100-$300. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, October 5 & Sunday, October 6 • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage, deepen your connection with the grandmothers and grandfathers in ceremony, in initiation and in the shamanic journey. Prerequisite: basic journeying skills. $180, $90 for repeating students. Located on ZOOM. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, October 6 • 10:00 a.m. to 5:00 p.m. • This class gives you practices and ways of looking at safety and sacred space. It is experiential, including clearing the space before and after. Setting the altar together increases awareness of its aliveness. Journeys and practices are included. The ability to journey is a prerequisite. $100 until September 21, $125 after. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

A Shamanic View of Death and Dying with Judy Liu Ramsey • Friday through Sunday, November 1, 2, & 3 • 6:00 p.m. Friday through Noon on Sunday • Advanced residential class—limit eight students. A traditional shamanic role was to prepare a person for good death, escort deceased souls to their ancestors, and help the grieving left behind. Learn to help in the dying process, and also experience your own beautiful death. Initiation and ceremony. $275 per person/$150 for repeating students, $300 room/board including all meals. For more information contact Judy at info@judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, November 23 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time in your life. Develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Taught via ZOOM. $160 per person/$80 for repeating students. For more information contact Judy at info@judyramsey.net.

Spiritual Development

Sufi Gathering with Imam Kamau Ayubbi • Tuesdays from September 3 to December 31 • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. $5-10 suggested donation. For more information, visit interfaithspirit.org.

Connecting with & Cultivating your Relationship with G-D (from a Kabbalistic Perspective) with Karen Greenberg • Sunday, September 8,15, 22, 29, October 13, 20, 27, November10, 17, 24, December 8, 15 • 2:30 to 5:00 p.m. • Create a sacred space, heighten your vibration, compose questions, ask G-D and decipher whether the answers come from your spirit vs. thoughts, emotions, or body sensations. Find divinity in self and others; trust, surrender, serve; express gratitude and awe; be comforted, healed, protected, and guided by G-D for your soul's purpose, dreams, and challenges. $100 per session ($1,000 for all 10 sessions). 50% discount if you pay for all 10 sessions prior to first. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Through the Other End of the Telescope with G Arthur Weidman • Saturday, September 14, October 12, November 9 • 5:30 to 7:00 p.m. • We will explore how beliefs, attitudes, and expectations shape our lives—both in a positive and negative way based on the quality of one's emotional tone. Donations of $5-10 requested. For more information contact G Arthur at gweidman97@gmail.com.

That Which is Already Awake is the Path: Awakening to the Joy & Unconditional Love Within with Barbara Brodsky, Aaron & John Orr • Tuesday, September 24, October 8, 22, November 5, 19, December 3, 17 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring together: what is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $140-$420. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Crazy Wisdom Hosts Author, Paul Nugent, with his book, *Maya Mire* **• Thursday, October 24 •7 to 8:30 p.m.** • Maya Mire is the story of Paul Nugent's own spiritual quest to discover the universal journey we are all making, and have been since the beginning of time—embracing alien worlds, higher and lower dimensions of reality, and living galaxies. At Crazy Wisdom. For more information email paul@aetherius.org.

What Happened at the Synod on Synodality — And What is Next? With Massimo Faggioli • Thursday, November 14 • 7 to 8:30 p.m. • The talk will summarize the unfolding of the Synodal Process (2021-2024) culminating with the two assemblies of the Synod (October 2023 and 2024). The focus will be on the ecclesial meaning of this event and on the potential for the development of doctrine and discipline for the most debated issues in the Catholic Church and the after-Synod period. $35, registration required. For more information, contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

How to Live a Soul-directed Life with ECKANKAR • Sunday, December 8 • Noon to 1:00 p.m. • Discover more about yourself as soul, an eternal, creative, spiritual being. Connect with this most sacred part of yourself, receive new insights, and magnify love in your life. All are welcome to this ECK Light and Sound Service which offers you the chance to explore your own direct connection with the Divine. Students of ECKANKAR, The Path of Spiritual Freedom, will share spiritual insights for living authentically and harmoniously. Experience the sacred sound of HU. Located at the Pittsfield Branch Library, 2359 Valley Drive. FREE. For more information, visit eckmi.org.

Stress Management

Role-Plays for Difficult Conversations with Leeann Fu • Sunday, November 17 • 1 to 2:00 p.m. • Are difficult conversations stressful for you? Role-playing with a neutral party can help by making things feel less charged, lowering the stakes, and providing opportunities to practice different ways to handle the conversation. This online session allows you record a role-play of your difficult conversation—if you would like. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Clearing the Way for the Power of Listening to Work its Magic with Leeann Fu • Sunday, October 20 • 4 to 5:00 p.m. • Do you think better when thinking out loud? Can making use of this power more often help you manage stress? Come to this online workshop to learn about how Teddy Bear Talk can help you get help form listeners that give you plenty of room to take things wherever you need to go with them. Suggested donation: $1-10. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalk.com, or visit teddybeartalk.com.

Tai Chi, Martial Arts, Fitness, and Self Defense

Wu Style Tai Chi Chaun with Marylin Feingold • Sundays, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, December 1, 8, 15, 22, 29 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-338, email programs@jewelheart.org, or visit jewelheart.org.

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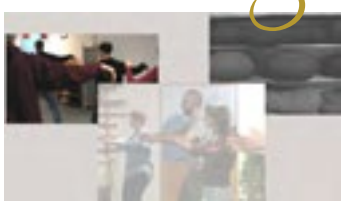

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Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, Saturdays • Times Vary, 1 Hour Maximum • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Erin Cantrell Fitness—Total Body Conditioning • Daily classes available • Varying times available • Private training sessions as well as group classes in yoga and fitness. Offering classes in VinYin, Total Body Conditioning, Sweat, Shred, Hi Energy Shred, Low Impact Sculpt, Power Sled, Not your Mom's Pilates, and more. Check out the schedule and learn more at erincantrellfitness.com.

Martial Arts and Fitness at Final Round Training Center • Daily classes available • Varying times available • Classes includes Muay Thai, Grappling, Jiu-Jitsu, Cardio Kickboxing, classes for women and classes for kids. Learn more online at finalroundtrainingcenter.com or call (734) 929-4362.

Tarot and Divination

Empathetic Tarot Readings with Leif Laufeyjarsen • See Schedule Below • Hosted at Crazy Wisdom. Walk-ins welcome. September 14th through December 31st. First, second, and third Saturdays, from 1 to 5:00 p.m. Second and third Fridays 6:30 to 9:30 p.m. $3/minute, 15 minute minimum. For more information contact Leif at laufeyjarsen9@gmail.com.

Intuitive Readings with Marcella Fox • See Schedule Below • Hosted at Crazy Wisdom. Last Saturday and Sunday of each month, September through December. Noon to 3:00 p.m. Rates: $20 first 15 min. Additional time $1 per minute. For more information contact Susan at eventsandbookings@crazywisdom.net.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops held Wednesday, October 9, November 13, December 11 • Readings held Wednesday, October 23, December 4 • 7 to 9:00 p.m. • Workshop offer space for writers to discuss their work. Featured readers perform for 1-hour, open mic follows. Featured readers: Up-State New Yorkers Judith Kerman and Helen Ruggieri (9/25); Crazy Wisdom Workshop writers Kathlene Barrett, Nicole Birkett, Shutta Crum, David Jibson, Markland Lloyd, Edward Morin, Lissa Perrin (10/23); poet/novelist Sandra Cisneros (12/4). Held virtually on ZOOM. FREE. For more information email cwpoetrycircle@gmail.com, or visit cwcircle.poetry.blog.

Re-Membering with Tarianne DeYonker • Saturday, November 30 • 1 to 4:00 p.m. • It's one thing to share memories and quite another to probe them for the meaning they have for our lives. This writing workshop is designed to tap into that inner wisdom carried by our memories and meant to deepen our appreciation and understanding of our lives. Beginning and experienced writers are welcome to join in person or online. $35, registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing• Aqua yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats and more. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students gain so much mind/ body/ spirit wisdom that they return year after year to enjoy this life enhancing practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • September 5 12, 19, 26, October 3, 10, 17, 24, 31, November 7, December 5, 12, & 19 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session – First visit is free! Cash or more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga at Tiny Buddha Yoga, voted best in Washtenaw County for Seven Years • Daily classes available • Varying times available • Classes include Hot Vinyasa, Blend Vinyasa, Slow Burn, Ashtanga, Yin Restorative, Slow Flow, and Yinyasa. Teacher Training and individual instruction available. Two Ann Arbor locations. Check out our Mysore and U-M student ambassador programs out online at tinybuddhayoga.com or call (734) 926-5040.

Yoga Classes at Red Yoga, A Hot Yoga Studio • Daily classes available • Varying times available • Classes include Hot Vinyasa, Steel Mace Flow, Yin Yoga, Yin and Yoga Nidra, Community Karma Yoga and more. Teacher training and Private classes available. For more information visit redyogaannarbor.com or call (734) 436-8119.

Yoga at Imagine Fitness and Yoga • Daily classes available • Varying times available • Offering classes in Fundamentals and Beginner Yoga, Vinyasa Levels 1-3, Restorative Yin Yoga, Ashtanga, and Hatha. Heated floors in the yoga studio. We will help you develop the strength, flexibility and balance that are essential for a healthy lifestyle. For more information visit imaginefitnessandyoga.com, call (734) 622-811, or email imagine@imaginefitnessandyoga.com.

Crazy Wisdom Poetry Series

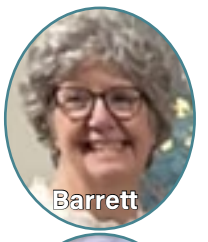
Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

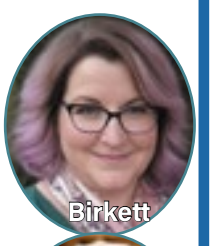
Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

10/23/2024 – Featured Readers from the Crazy Wisdom Poetry Circle



Kathlene Barrett – poet, artist, editor of publications *Making Waves* and *Beach Combings.*



Nicole Birkett writes, raises sheep, and edits *Making Waves*: LudingtonWriters.org.

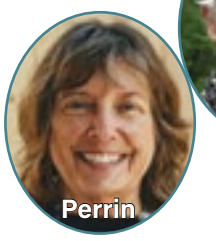
Shutta Crum – well published poet, celebrated children's author, www.shutta.com

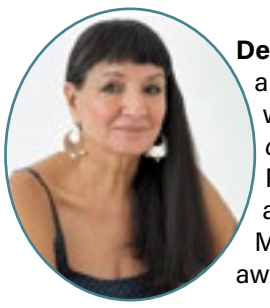
David Jibson –social worker, poet, edits *Third Wednesday*, facilitates Crazy Wisdom Poetry Circle.

Markland Lloyd, Ph.D. - university English teacher & administrator inspired by national parks.

Edward Morin – published poet, song writer, translator, editor, and university teacher.

Lissa Perrin - retired psychotherapist whose poems have appeared in several online and print journals.





December 4 - Sandra Cisneros is a poet, essayist, and fiction writer who explores the lives of working people. Her classic novel, *The House on Mango Street*, celebrates its 40th anniversary. Poetry collections include *Loose Woman* (1995) and *Woman Without Shame* (2022). She has a MacArthur Fellowship and a truckload of other awards.

Sandra Cisneros photo © Keith Dannemiller

Crazy Wisdom Poetry Circle

The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
Booksweet
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
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El Harissa Market Cafe
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Matthei Botanical Gardens
Michigan Theatre
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Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

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And the sun took a step back, the leaves
lulled themselves to sleep, and autumn
was awakend.
—Raquel Franco